OUT OF OUR KITCHENS INTO YOURS

Compiled by Members and Friends
of
Lindbergh Lodge No. 505, V.O.A.
Huntington Station, New York

Expression of Appreciation

The Ladies Auxiliary of Lindbergh Lodge No. 505, Vasa Order of America, District No. 4, wishes to thank all who have helped in the preparation of this cookbook by way of sharing their favorite recipes with us.

We hope that everyone has as much fun using it as we have had putting it together for you.

We have endeavored to combine the practical with the unusual in order to provide an outstanding book of favorite foods that will be treasured and enjoyed by all.

The newly rebuilt Lindbergh Lodge building, Huntington, Long Island, N.Y.

Ladies Auxiliary

Lindbergh Lodge No. 505
Vasa Order of America

"In Truth and Unity"

LINDBERGH LODGE No. 505, V.O.A.

Sponsors two Swedish Folk Dance Groups

Jr. Wings No. 101 is for children ages 5 - 13 and the Long Island Vasa Youth No. 165 group is for young adults 14 and older. We are very proud of these clubs and hope they will continue to be involved and carry on our cultural traditions. Anyone of Scandinavian heritage is welcome.

LINDBERGH LODGE No. 505, V.O.A. meets the first and third Fridays at Lindbergh Park, Dix Hills Road.

Box 18, Huntington Station, New York, 11746.

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APPETIZERS
PICKLES
RELISHES

A HANDY SPICE GUIDE
TO MAKE YOU BECOME A SEASONED SEASONER

ALLSPICE....a pea-sized fruit that grows in Mexico, Jamaica, Central and South America. Its delicate flavor resembles a blend of cloves, cinnamon and nutmeg. USES: (Whole) Pickles, meats, boiled fish, gravies. (Ground) Puddings, relishes, fruit preserves, baking.

BASIL....the dried leaves and stems of an herb grown in the United States and North Mediterranean area. Has an aromatic, leafy flavor. USES: For flavoring tomato dishes and tomato paste, turtle soup; also use in cooked peas, squash, snap beans; sprinkle chopped over lamb chops and poultry.

BAY LEAVES....the dried leaves of an evergreen grown in the eastern Mediterranean countries. Has a sweet, herbaceous floral spice note. USES: For pickling, stews, for spicing sauces and soup. Also use with a variety of meats and fish.

CARAWAY....the seed of a plant grown in the Netherlands. Flavor that combines the tastes of Anise and Dill. USES: For the cordial Kummel, baking breads; often added to sauerkraut, noodles, cheese spreads. Also adds zest to French fried potatoes, liver, canned asparagus.

CURRY POWDER....a ground blend of ginger, turmeric, fenugreek seed, as many as 16 to 20 spices. USES: For all Indian curry recipes such as lamb, chicken, and rice, eggs, vegetables, and curry puffs.

DILL....the small, dark seed of the dill plant grown in India, having a clean, aromatic taste. USES: Dill is a predominant seasoning in pickling recipes; also adds pleasing flavor to sauerkraut, potato salad, cooked macaroni, and green apple pie.

MACE....the dried covering around the nutmeg seed. Its flavor is similar to nutmeg, but with a fragrant, delicate difference. USES: (Whole) For pickling, fish, fish sauce, stewed fruit. (Ground) Delicious in baked goods, pastries and doughnuts, adds unusual flavor to chocolate desserts.

MARJORAM....an herb of the mint family, grown in France and Chile. Has a minty-sweet flavor. USES: In beverages, jellies and to flavor soups, stews, fish, sauces. Also excellent to sprinkle on lamb while roasting.

MSG (MONOSODIUM GLUTAMATE)....is a vegetable protein derivative for raising the effectiveness of natural food flavors. USES: Small amounts, adjusted to individual taste, can be added to steaks, roasts, chops, seafoods, stews, soups, chowder, chop suey and cooked vegetables.

OREGANO....the leaf of a safe bush growing in Italy, Greece and Mexico. USES: An excellent flavoring for any tomato dish, especially Pizza, chili con carne, and Italian specialties.

PAPRIKA....a mild, sweet red pepper growing in Spain, Central Europe and the United States. Slightly aromatic and prized for brilliant red color. USES: A colorful garnish for pale foods, and for seasoning Chicken Paprika, Hungarian Goulash, salad dressings.

POPPY....the seed of a flower grown in Holland. Has a rich fragrance and crunchy, nut-like flavor. USES: Excellent as a topping for breads, rolls and cookies. Also delicious in buttered noodles.

ROSEMARY....an herb (like a curved pine needle) grown in France, Spain, and Portugal, and having a sweet, fresh taste. USES: In lamb dishes, in soups, stews and to sprinkle on beef before roasting.

SAGE....the leaf of a shrub grown in Greece, Yugoslavia and Albania. Flavor is camphoraceous and minty. USES: For meat and poultry stuffing, sausages, meat loaf, hamburgers, stews and salads.

THYME....the leaves and stems of a shrub grown in France and Spain. Has a strong, distinctive flavor. USES: For poultry seasoning, in croquettes, fricassees and fish dishes. Also tasty on fresh sliced tomatoes.

TURMERIC....a root of the ginger family, grown in India, Haiti, Jamaica and Peru, having a mild, ginger-pepper flavor. USES: As a flavoring and coloring in prepared mustard and in combination with mustard as a flavoring for meats, dressings, salads.

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CHICKEN BALLS

Lilly Stockman

4 chicken breasts, boned
1 clove garlic, minced
2 eggs, beaten
10 saltine crackers, crumbled
3 Tbsp. vegetable oil
1/2 c. dry sherry
1 large onion, minced
1/2 c. celery, minced
1/2 c. milk
1 large onion, sliced
2 Tbsp. chopped parsley
Salt and freshly ground pepper to taste
Paprika

Grind chicken breasts into large bowl and add the minced onion, celery, garlic, eggs and salt and pepper. Soak the cracker crumbs in the milk. Drain and add to the chicken mixture. Beat the mixture until light and fluffy. Cool mixture in refrigerator for 30 minutes. Heat the oil in large skillet and brown onion slices on both sides. Dampen hands and form chicken into walnut size balls. Place the balls over the onion slices and add the sherry. Sprinkle with paprika, reduce heat and cover. Simmer for about 30 minutes. If necessary add a little more sherry. Garnish with parsley. Spear with toothpicks and serve.

CHICKEN PUFFS

Vasa Member

1 c. water
1/4 lb. butter
1 c. flour
1/4 tsp. salt
4 eggs
1 or 2 chickens
1 onion
1/8 lb. butter
1/2 pkg. Lipton onion soup

Boil 1 cup water which a 1/4 pound butter has been melted. Add 1 cup of flour, plus 1/4 teaspoon salt. Add to boiling water mixture, stirring until flour forms a ball and leaves side of pot. Let cool for few minutes. Add eggs, one at a time, beating after each egg. Put on greased cookie sheet. Make them very small. Should get about 50 puffs. Bake for 20 minutes at 400° then 350° for 15 minutes more or until puffs are dry.

Chicken mixture: 1 or 2 chickens. Season chicken cut in fourths. Add Lipton onion soup on each piece. Use 1 cup or more water. Bake at 350° for 1 hour. Cool and bone.

Cut very fine. Make gravy from juice of chicken. Cut onion very fine and saute in butter. Add gravy to onion and 1 teaspoon curry powder. Add chicken. Cool. Fill puff and heat for 10 minutes. Tuna or other salad mixtures can be used to fill puffs.

SPINACH APPETIZERS

Lilly Stockman

2 eggs
1/2 clove crushed garlic
1 scallion
1/2 pimento, chopped
1 Tbsp. oil
3 Tbsp. prepared frozen chopped spinach, drained
3 Tbsp. grated Parmesan cheese
Salt and pepper

Spray Pam into small cupcake tins. Then wipe with soft butter or margarine. Prepare frozen spinach. Combine all ingredients and fill each tin 1/2 full. Bake at 450° for 5 minutes and remove from pans immediately. Yields 24.

FRENCH TOASTED HAM AND CHEESE

Irene Buonomo

2 Tbsp. orange marmalade
1/2 tsp. dry mustard
1 (8 oz.) pkg. sliced cooked ham
1 (8 oz.) loaf party rye bread slices
1/2 (8 oz.) pkg. sliced Swiss cheese
2 Tbsp. butter
1/4 c. milk
1 egg

In cup, stir marmalade and mustard until well mixed and set aside. Cut ham slices to fit on half of the bread slices; cut cheese slices to arrange on top of ham, then top with a dollop of marmalade mixture and another bread slice. Preheat oven to 450° F. In 15 1/2 x 10 1/2 inch jelly-roll pan, melt butter; remove pan from oven. In pie plate with fork, beat milk and egg until well mixed. Dip sandwiches, one at a time, into egg mixture to coat on all sides. Place sandwiches, in one layer, in jelly-roll pan. Bake sandwiches, until golden brown on both sides, about 20 minutes, turning once. Cut each sandwich in half. Serve hot.

LIVER PATE

A Vasa Member

2 c. milk
1 lb. beef liver, ground fine
1 (2 oz.) tube anchovy paste
2 eggs, beaten
1/4 c. flour
1 tsp. salt
1/2 tsp. pepper
1/2 lb. bacon, ground fine

If served cold:

1 env. Knox gelatine
2 bouillon cubes
1/4 c. cold water
1/2 c. hot water

Grind beef liver and bacon together and mix with anchovy paste, flour, salt, pepper, beaten eggs and milk; pour into greased pan. Bake in pan of hot water at 350° for 1 1/2 hours. Serve hot or cold. If served cold, use the following: 1 envelope Knox gelatine, 2 bouillon cubes, 1/4 cup water, 1/2 cup hot water. Soak gelatine in cold water, dissolve beef cubes in hot water, put in dissolved gelatin and stir well with hot mixture. Pour half in pan, when set, pour liver paste on top, then pour rest of gelatine on top.

COCKTAIL FRANKS

Lee-Ann Manngard

6 oz. jar (3/4 c.) prepared mustard
10 oz. jar (1 c.) currant jelly
1 lb. (8-10) frankfurters

Mix mustard and jelly together in chafing dish or saucepan, heat over low heat. Slice the frankfurters diagonally into bit-sized pieces and add to sauce. Heat through. Serve on toothpicks.

PARMESAN ONION CANAPES

Irene Buonomo

1 c. mayonnaise
1 c. grated Parmesan cheese
1/2 c. finely chopped onion
1 Tbsp. milk
1 loaf sliced Italian bread (thin)

Mix first 4 ingredients and spread on toast. Broil 4 inches from source of heat 2 or 3 minutes.

NUTTY CHEESE BALL

Helen Haggqvist

1/2 lb. Cheddar cheese, shredded
1/4 lb. Blue cheese, crumbled
1 (3 oz.) pkg. cream cheese
1 Tbsp. grated onion
1 Tbsp. finely chopped parsley
1/8 tsp. dry mustard
1 c. chopped walnuts
1/4 c. dry red wine

Let cheeses come to room temperature. Combine in a large bowl and add wine, grated onion, parsley and dry mustard. Mix well. Shape into a ball (if cheese mixture is too soft to handle, chill briefly); coat with chopped nuts. Refrigerate several hours or overnight. Remove from refrigerator about 1 hour before serving. Yield 12-15 servings.

PUFFED CHEESIES

Helen Haggqvist

1 1/2 c. grated Swiss cheese
1/2 c. grated Parmesan cheese
1/2 c. butter at room temperature
3/4 c. flour
3/4 tsp. salt
1/8 tsp. cayenne pepper
1/8 tsp. nutmeg

Form into ball and chill at least 15 minutes. Break off tablespoonfuls and form each into ball, then flatten into circle about 1/4 inch thick. Arrange on baking sheet leaving space between. Brush tops with 1 egg beaten with 1 teaspoon water. Sprinkle with 1/2 cup grated Swiss cheese. Refrigerate. When ready to serve, bake at 425° for 10 minutes until puffed and lightly browned.

CHEESE PUFFS

Muriel Corriston

1/2 lb. grated natural sharp cheese
1/2 c. soft butter
1 c. sifted flour
1/2 tsp. salt
1 tsp. paprika
48 stuffed olives

Four to 5 hours before serving, blend cheese with butter, stir in flour, salt, paprika, mix well. Wrap 1 tablespoon of dough around each olive, covering completely. Place on ungreased baking sheet. Refrigerate. About 1/2

hour before serving, bake in 400° oven, 10-15 minutes. These can be made ahead of time, frozen, and baked when needed.

CRISPY TUNA BALLS — Lily Stockman

1 beaten egg
2 (6 1/2 oz.) cans drained tuna
1 small onion, chopped fine
1/2 c. chicken consomme
1/4 c. chopped parsley
1/4 c. chopped walnuts
1 Tbsp. prepared mustard
1 tsp. poultry seasoning
1 c. fine bread crumbs
1/3 c. mayonnaise
Finely crushed corn flakes

Combine all the ingredients except the corn flakes. Mix well and shape into small balls. Then roll in the corn flake crumbs. Heat deep fat to 375° and fry balls until golden brown, turning once. Fry for about 5 minutes. Serve hot. These can be frozen for up to 6 weeks. Re-heated in 375° oven for 15 minutes.

SPINACH FILLED CREPES — Inger Wright

Crepes:

2 eggs
1 1/3 c. flour
2 2/3 c. milk
1/4 tsp. salt
Melted margarine

Filling:

3 Tbsp. margarine or butter
1/3 c. flour
1 c. milk
1 (10 oz.) pkg. chopped frozen spinach
Salt
Pepper

Make filling first. In a saucepan, melt margarine, stir in flour. Add milk a little at a time, stirring so it is smooth. Add the thawed spinach. Let it simmer on low heat for about 5 minutes. Add salt and pepper to taste.

Pancakes: Mix the eggs and 1 cup of milk with an electric mixer or wire whisk. Add the flour. Beat until smooth. Add the salt and the rest of the milk. Let batter stand 15 minutes. Heat crepe pan or 7-inch skillet. Brush skillet with melted margarine. Pour a little batter in the

skillet while tilting it, so the batter covers the bottom. When the top seems dry turn it carefully with a long narrow spatula. Cook other side 1 minute. Stack.

To fill: Put 2-3 tablespoons of filling on a pancake. Roll it up to a roll. Put the roll, seam down on an oven-proof platter. Keep warm. Sprinkle some grated cheese over. Serve.

Note: Crepes can be filled with mushrooms, shrimps, crabs, ham. Crepes can be frozen and put in a warm oven to serve at another time.

BIRD'S NEST — Alice Is Ojoki

5 fillets chopped anchovies
1 Tbsp. chopped onion
2 raw egg yolks
1 Tbsp. capers
1 Tbsp. chopped chives
2 Tbsp. diced pickled beets
1 Tbsp. diced, cold, boiled potato

Arrange each of the ingredients in a separate mound on a small serving plate, placing the mounds so that they form one large or two small nest-like circles. Depress center mounds slightly and carefully place egg yolks in depression to give you a filled bird's nest. If prepared ahead of time, cover with aluminum foil and keep in refrigerator until serving time.

TUNA PATE — P. Larson

8 oz. pkg. cream cheese
2 Tbsp. chili sauce
2 Tbsp. snipped parsley
1 tsp. instant minced onion
1/4 tsp. hot pepper sauce
2 (6 1/2 oz.) cans tuna, drained

Blend together softened cream cheese, chili sauce, parsley, minced onion and hot pepper sauce and tuna. Pack into a 4-cup mold; chill at least 3 hours. Unmold and serve with crackers.

GREEK SPINACH PASTRIES — Irene Buonomo

2 Tbsp. olive oil
1 small onion, diced
1/4 lb. Feta cheese
1/8 tsp. pepper
8 strudel leaves
1 (10 oz.) pkg. frozen, chopped spinach, thawed and squeezed dry
1 egg
1/2 c. butter

In saucepan over medium heat, in hot olive oil cook onion until tender, stirring occasionally about 5 minutes. Remove saucepan from heat; stir in spinach, cheese, pepper and egg until well mixed. With knife, cut Phyllo lengthwise into 2-inch-wide strips. Place strips on waxed paper then cover with slightly damp paper towel to prevent Phyllo from drying out. Place 1 strip of Phyllo on work surface; brush top lightly with melted butter. Place about 1 teaspoonful of spinach mixture at short end of strip. Fold 1 corner of strip diagonally over filling so that the short edge meets the long forming a right angle. Continue folding over at right angles until you reach the end of the strip to form a triangular shaped package. Place package, seam side down, in 15 1/2 x 10 1/2 inch jelly roll pan; brush with butter. Repeat with remaining Phyllo strips and spinach mixture. Bake pastries 15 minutes or until golden brown.

BAKED STUFFED CLAMS

T. Larson

1 (8 oz.) can minced clams
1/4 c. bread crumbs
1/2 tsp. oregano
Few slices bacon, fried crisp and crumbled
1 1/2 tsp. chopped parsley
Dash of garlic powder (optional)
Ground pepper to taste
4 Tbsp. freshly grated Parmesan cheese
2 Tbsp. minced onion
2 Tbsp. olive oil

Saute onion in olive oil until clear but not brown. Mix first 7 ingredients together. Add sauteed onion and oil to clam mixture. Stir. Place into 2 large scallop shells or large clam shells. Top with additional bread crumbs and cheese. Bake at 350° for 1/2 hour. Place under boiler to brown. Small clam shells may be used.

MUSHROOMS STUFFED WITH SHRIMP AND PORK

Lily Stockman

1 lb. raw shrimp, shelled and finely chopped
10 large fresh mushrooms
1 c. ground lean pork
1/4 c. finely chopped celery
1/4 c. finely chopped scallions with tops
1 Tbsp. soy sauce, Japanese preferred
1 tsp. salt
1/2 tsp. black pepper
2 Tbsp. peanut or soy oil
1 Tbsp. soy sauce, Japanese preferred
1/2 c. water

Remove stems from mushrooms and chop stems. In a large bowl, combine chopped stems with the shrimp, pork, celery, scallions, 1 tablespoon soy sauce, salt and pepper. Fill mushroom cavities with this mixture. In a large skillet with cover heat the oil. Place the filled mushroom caps in the oil, add the soy sauce and water, cover and bring to a boil. Reduce heat and simmer covered 10 minutes. Serve hot or cold as an appetizer or entree.

STUFFED MUSHROOMS ITALIAN STYLE — A Friend

16 large fresh mushrooms
6 oz. sweet Italian sausage
1 clove garlic, minced
3 Tbsp. olive oil
2 Tbsp. minced parsley
1/4 c. grated Parmesan cheese
1/4 c. water

Wash mushrooms. Remove stems and chop fine. Remove casing from sausage and put meat in skillet with chopped stems, garlic and 1 tablespoon oil. Cook, break up meat with fork until lightly browned. Add 1 tablespoon oil, the parsley and cheese. Fill mushroom cavities with mixture, rounding up tops. Place in shallow baking pan. Put remaining oil and water in bottom of pan. Bake in preheated moderate oven, 350° for 20 minutes.

CRABMEAT MUSHROOMS — Lilly Stockman

32 fresh mushrooms
1 stick melted margarine
6 oz. flaked crabmeat
1 medium finely chopped onion
1/4 c. finely chopped parsley
1/2 tsp. fresh pepper
1 tsp. garlic powder (3 cloves minced)
1/4 tsp. oregano
1 tsp. salt
2 eggs, beaten
1/2 c. crushed garlic cheese croutons

Wash and dry mushrooms. Remove stems and chop. Saute chopped stems and chopped onion in melted butter or margarine. Saute for about 10 minutes and then add flaked crabmeat and saute another 10 minutes. Combine all the other ingredients and mix together with the onions and mushrooms. If consistency is too loose add some more crushed croutons until it feels right. Fill mushrooms with this mixture and place on a well-greased baking sheet and bake at 375° for 15 minutes.

STUFFED MUSHROOMS, FRENCH STYLE — Terry Larson

12 mushrooms
3 slices of bacon, crumbled
1 onion, chopped fine
1/2 c. green pepper, chopped
1 c. soft stale bread crumbs
2 Tbsp. chopped parsley
1/2 tsp. seasoned salt
1/2 tsp. pepper

Remove mushroom stems and chop. Bacon cooked until crisp. Saute in 2 tablespoons bacon fat the mushroom stems, onion, green pepper and cook until tender. Add the bread crumbs, bacon, parsley and salt and pepper. Stuff mushroom caps. Place in shallow baking pan with small amount of water (water should be about 1/4 inch deep). Bake in preheated slow oven (325° F.) for about 25 minutes.

TOMATO MUSHROOM HORS D'OEUVRES — Lilly Stockman

2 lb. medium mushrooms
1 (4 oz.) pkg. Blue cheese
1 Tbsp. minced green onion
1 tsp. Worcestershire sauce
3/4 pt. cherry tomatoes
3 Tbsp. bread crumbs

About 30 minutes before serving; remove mushroom stems. (Reserve stems for use in salad another day.) Place mushrooms, rounded side down, in 13x9 inch baking dish. In bowl blend Blue cheese, green onion and Worcestershire sauce. Cut each cherry tomato in half. Fill each mushroom cap with about 1/4 teaspoon bread crumbs, then a scant 1/4 teaspoon cheese mixture; top with a tomato half. Bake in 375° F. oven 15 to 20 minutes until mushrooms are tender. Makes about 17 appetizer servings.

SUMMER HERRING — Inger Wright

2 salt herrings or 4 herring fillets
1 carrot
1 bunch of dill
1 c. white vinegar
1/2 c. water
3/4 c. sugar
3/4 tsp. crushed pepper

Clean the herring. Take away bones and skin. Let the fillets sit in plenty of cold water overnight. Next day cut the fillets in pieces. Layer herring, dill and carrot slices in

a jar. Bring vinegar, water, sugar and pepper to a boil. Let cool compltely. Pour over herring. Let stand for at least 24 hours before serving.

GREEN TOMATO RELISH

Helen Anderson

2 qt. chopped green tomatoes (4 to 5 lb.)
2 medium onions, chopped
2 qt. cold water
1/2 c. salt
1 1/2 c. white vinegar
1/2 c. boiling water
1 1/2 c. sugar
1 1/2 tsp. celery seeds
1 Tbsp. mustard seeds
1/2 tsp. ground turmeric
1/2 tsp. cinnamon
1/4 tsp. powdered mustard

Combine tomatoes and onions with water and salt in crock or bowl; soak for 3 hours. Drain and rinse thoroughly with cold water. Combine remaining ingredients and boil for 3 minutes. Add tomatoes and onions, bring to boil, and simmer, uncovered, for 10 minutes. Pack into hot sterilized jars and seal. Makes 2 or 2 1/2 pints. For a colorful addition, tuck in red-pepper strips, among the green tomatoes and white onions.

PICKLED BEETS

A Vasa Member

2 cans sliced beets
3/4 c. sugar
1 1/2 c. vinegar
5 whole cloves
Pinch of salt and pepper

Make a brine of sugar, vinegar and condiments and stir until sugar melts. Pour over beets and let stand 6 hours before serving.

BREAD AND BUTTER PICKLES

Helen Anderson

4 qt. sliced cucumbers and 6 medium white onions, sliced
1 green pepper
1 sweet red pepper
3 cloves garlic
1/3 c. salt, plain, not iodized
3 c. white vinegar
5 c. sugar
1 1/2 tsp. turmeric
1 1/2 tsp. celery seed
2 Tbsp. mustard seed

Wash cucumbers thoroughly. Slice about 1/8 inch thick. Add sliced onions, peppers, cut in narrow strips, and garlic

cut in small pieces. Sprinkle the salt over layers as you work. Mix a tray of ice cubes through the pickles. Put another tray full on top. Let stand 3 hours. It's the ice that makes the pickles crisp. Drain the cucumbers thoroughly discarding the salt water. Combine the vinegar, sugar and spices. Pour over slices of cucumbers. Heat just to boiling. That is all the cooking required. Fill sterilized jars and invert until cool. Makes 8 pints. Let stand 1 month so as to allow time to pickle.

PICKLED CUCUMBERS — Lily Stockman

2 large cucumbers
1 c. vinegar
1 c. sugar
1 c. water
Dash of pepper
1 tsp. salt

Peel and score cucumbers. Slice thin. Put them in a bowl and press with another dish until water is out of cucumber. In a saucepan, mix the vinegar, water and sugar. Cook until sugar is dissolved. Cool and pour over cucumbers. Sprinkle with dill. Refrigerate.

DILL SAUCE — Lily Stockman

1 pt. dairy sour cream
1/4 c. minced onion
1/4 tsp. celery seed
1/4 tsp. garlic powder
2 Tbsp. chopped fresh dill (or 1/2 tsp. dill powder)

Mix all ingredients and let stand no longer than 2 hours before serving.

COLE SLAW DRESSING — Doris Fahlberg

2 eggs
1 tsp. salt
1 Tbsp. ground mustard
1 c. sugar
3 tsp. flour
2 c. milk
1/2 c. milk and 1/2 c. water

Mix eggs, salt, mustard, sugar and flour. Add milk. Cook until it boils. Remove from heat. Add 1 tablespoon butter. Makes 1 quart.

AMERICAN FRENCH DRESSING — Helen Anderson

1/4 c. sugar
1 tsp. salt
1 tsp. dry mustard
1 Tbsp. paprika
1 can condensed tomato soup
1 c. salad oil
1/2 c. cider vinegar
1 tsp. Worcestershire sauce

Combine. Keep in refrigerator. Doesn't separate.

STINA'S SALAD DRESSING — Margaret Gustavsson

2 tsp. vegetable salt
1/2 tsp. white pepper
Dash of red pepper
1/4 tsp. dry mustard
2 Tbsp. vinegar
2 Tbsp. tomato juice
Dash of Tabasco sauce
1 c. salad oil
1 clove garlic

Place all ingredients into blender and mix well.

DILL DIP — Margaret Gustavsson

1 tsp. dry mustard
1 Tbsp. lemon juice
1 c. mayonnaise (Hellmann's)
1 c. dairy sour cream
1 Tbsp. chopped dill or 1 tsp. dill weed
1/4 tsp. salt

Combine first 2 ingredients and stir until smooth and add remaining ingredients and mix well. Serve with seafood or raw vegetables. Makes 2 cups.

IRMGARD'S VEGETABLE DIP — Maj-Britt Wesley

2/3 c. sour cream
2/3 c.mayonnaise
1 Tbsp. onion flakes
1 Tbsp. parsley flakes
1 Tbsp. dill weed
1 Tbsp. Beau Monde seasoning (by Spice Island)
Accent to taste

Fresh vegetables:

Cucumbers
Green pepper
Celery
Cauliflower rosettes
Radishes (or any other crunchy vegetable)

Cut vegetables in uniform pieces, arrange in circle on large platter.

SWANNE'S BARBECUE SAUCE — Doris Fahlberg

1/4 c. salad oil
3/4 c. chopped onion
1 clove garlic, chopped
1 c. honey
1 c. ketchup
1/2 c. Worcestershire sauce
1 Tbsp. dry mustard
1 1/2 tsp. salt
1/2 tsp. thyme
1 c. wine vinegar

Heat oil. Cook onions till tender. Add other ingredients and cook about 10 minutes. Stir constantly. Use with chicken.

BARBECUED SAUCE — Helen Anderson

1 onion, diced
2 slices lemon
1/2 tsp. chili powder
1/2 tsp. dry mustard
2 Tbsp. brown sugar
1/4 c. Worcestershire sauce
1/2 c. catsup
1/2 c. water
1 tsp. salt

Mix all ingredients together and simmer 10 minutes. Cover either spareribs or chicken with sauce and bake 1 1/2 hours at 325° F. Uncover and bake 15-20 minutes longer.

TARTAR SAUCE — Helen Anderson

1 c. mayonnaise
1 tsp. minced chives or onion
1 tsp. capers, drained
1 tsp. chopped pickle
1 tsp. chopped green pepper
1 tsp. fresh parsley
1-2 Tbsp. lime juice

Place all relishes in blender and process at chop, add lime juice and Tabasco sauce, to taste, and mix well with mayonnaise.

GREEN SAUCE

Terry Larson

1 small onion, finely minced
3 Tbsp. olive oil
1 c. minced parsley
1/4 c. dry wine or vermouth
1/4 c. water
Pinch of saffron (optional)
Pinch of cayenne pepper
1/4 tsp. salt

In small skillet, saute onions slowly until soft. Add parsley and cook 30 seconds. Add remaining ingredients and simmer 5 minutes. Whirl sauce in blender until smooth and chill. Serve with fried fish or shrimp. Makes 3/4 cup.

MAYONNAISE

Muriel Corriston

1 egg
1/2 tsp. dry mustard
1/2 tsp. salt
1 Tbsp. lemon juice
1 Tbsp. vinegar
1 1/2 c. olive or other oil

Beat egg until thick. Beat in mustard, salt, lemon juice and vinegar. Slowly add oil, not more than 1/4 cup at a time, beating well after each addition.

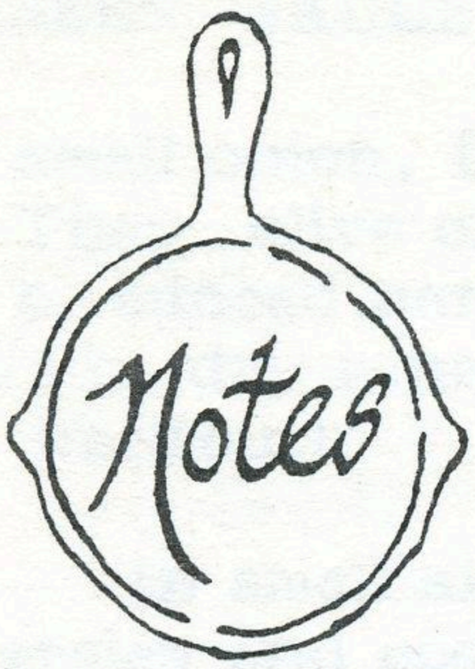
SWEET AND SOUR SAUCE

Margaret Gustavsson

1 c. sugar
1 1/3 c. water
3 Tbsp. oil
1/2 tsp. Accent
2/3 c. malt vinegar
4 Tbsp. cornstarch
4 Tbsp. soy sauce
1 c. onion, chopped coarsely
1 Tbsp. fresh ginger, minced fine or 1 1/2 tsp. ginger powder
1/2 tsp. salt (to taste)

Mix all ingredients together and place in saucepan over medium heat to boil for 1 minute.

Notes


Notes

SOUPS
SALADS
VEGETABLES

TO QUICK–FREEZE VEGETABLES

Vegetables for freezing are prepared as for cooking, then blanched (scalded) and packed dry, or with the brine. The dry pack is less trouble and is satisfactory for all vegetables except green peppers.

Blanching vegetables is important because it minimizes loss of flavor and color. To blanch in boiling water, put about one pound of vegetables in a fine-mesh wire basket with a wire cover to hold food under the water and lower into rapidly boiling water, enough to cover food. Cover the kettle and then COUNT THE TIME RECOMMENDED FOR EACH vegetable. After blanching, chill quickly and thoroughly, plunge the vegetables into ice water, or hold under cold running water. When completely chilled, remove and drain, and PACK AT ONCE.

VEGETABLE	HOW PREPARED	BLANCHING
ASPARAGUS	Wash, cut, sort into groups according to thickness of stalk. Blanch, chill, pack.	3 to 4 minutes in boiling water, depending on size.
BEANS, GREEN AND WAX	Wash, stem, slice, cut or leave whole. Blanch, chill, pack.	Cut: 2 minutes in boiling water. Whole: 2 1/2 minutes in boiling water.
BEANS, LIMA	Shell, wash, blanch, chill. Remove white beans, which may be used for cooking. Pack.	1 to 2 minutes in boiling water, depending on size.
CARROTS	Remove tops, wash, scrape. Slice lengthwise or crosswise as preferred, or leave small carrots whole.	Whole: 4 1/2 minutes in boiling water. Sliced: 3 minutes in boiling water.
CAULIFLOWER	Break heads into flowerets about 1 inch across. Wash, blanch, chill, pack.	3 to 4 minutes in boiling water.
CORN, ON COB	Husk, trim away silk and spots. Wash, blanch, chill, pack.	7 minutes in boiling water for slender ears. 9 for medium, 11 for large.
CORN, KERNELS	Same as corn on cob. After chilling, cut off kernels and pack.	
GREENS Beet, Chard, Kale, Mustard, Spinach, Collards, etc.	Wash, discard bad leaves, tough stems. Blanch, chill, pack.	2 minutes in boiling water.
PEAS	Shell, sort, blanch, chill, pack.	1 to 2 minutes in boiling water, depending on size.
PEPPERS, GREEN	Wash, cut away seeds, slice. Blanch, pack in brine of 1 tsp. salt to 1 c. cold water.	3 minutes in boiling water.

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QUICK AND EASY ONION SOUP — Gust Larson

1 1/2 c. sliced onions
3 Tbsp. butter
1 1/2 qt. beef bouillon
1/4 tsp. ground black pepper
1/4 tsp. salt
1/4 c. grated sharp Cheddar cheese
6 slices French bread
Grated Parmesan cheese

Saute onions in butter. Add bouillon, salt and pepper. Simmer 30 minutes. Pour into individual casseroles or earthenware soup pots. Sprinkle grated Cheddar over slices of toasted French bread. Place under broiler for cheese to melt. Float over top of soup. Sprinkle with grated Parmesan cheese or serve cheese at table.

MANHATTEN CLAM CHOWDER — Gust Larson

3 inch cube salt pork
2 Tbsp. shortening
2 onions, sliced thin
1/2 c. diced carrots
1/2 c. diced celery
1/2 green pepper, chopped
2 c. water
2 c. tomatoes
1 1/2 c. cubed potatoes
1 bay leaf
2 cans clams, chopped
Salt and pepper to taste

Fry salt pork and drain. Cut in small pieces. Add shortening, onions, carrots, celery and green pepper. Cook 10 minutes. Add water, tomatoes, potatoes, bay leaf and liquid from clams. Cook until potatoes are tender. Add chopped clams and cook 5 minutes longer.

LENTIL SOUP — T. Larson

3 qt. water
6 beef bouillon cubes
1 ham bone or 2 ham hocks
1 lb. lentil
2 bay leaves
2 medium onions, finely chopped
2 large celery stalks with leaves, chopped
2 large carrots, chopped
2 Tbsp. minced parsley
2 cloves garlic, crushed
1 tsp. thyme

Place bouillon cubes and water in large pot and bring to boil. Add all other ingredients. Reduce heat to simmer.

Cover and cook for 1 1/2 to 2 hours. If too thick, more water may be added. Serves at least 8.

MINESTRONE SOUP

Lily Stockman

3 slices baocn, finely chopped
1 c. chopped onion
1/2 c. chopped celery
2 large cloves garlic, minced
1 tsp. basil leaves, crushed
1 can Campbell's beef broth
1 1/2 soup cans water
1 (16 oz.) can tomatoes, undrained
1/2 c. uncooked small tube macaroni
1/2 tsp. salt
1 c. cabbage, cut in long thin shreds
1 c. cubed zucchini squash
1 can Campbell's bean with bacon soup

In large saucepan, brown bacon and cook onion and celery with garlic and basil until tender. Stir in soups, water, tomatoes, macaroni and salt. Bring to boil; cover. Reduce heat; simmer 15 minutes. Add cabbage and zucchini; cook 10 minutes more or until done. Stir occasionally. Makes about 8 cups.

BEEF AND VEGETABLE SOUP

Inger Wright

2 lb. shin of beef
A large marrow bone
1 Tbsp. salt
4 c. thinly sliced cabbage
1 1/2 c. chopped onion
6 carrots, pared and cut in 3-inch pieces
3/4 c. chopped celery
1/4 c. chopped green pepper
1 (1 lb. 12 oz.) can tomatoes, undrained
2 (10 oz.) pkg. frozen mixed vegetables
1 pared potato, cubed
2 Tbsp. chopped parsley
1 (6 oz.) can tomato paste
1/2 tsp. ground cloves
1 tsp. sugar
2 tsp. salt
1/2 tsp. pepper

Place beef, marrow bone, 1 tablespoon salt and 4 quarts water in very large kettle, cover, bring to boiling. Skim surface. Add cabbage, onion, carrot, celery, green pepper and tomatoes. Bring to boiling, simmer covered 30 minutes. Add remaining ingredients. Simmer covered 3 1/2 hours. Remove meat and bone. Discard bone. Let meat cool. Cut into cubes. Add to soup. Refrigerate overnight. Next

day remove all fat from surface. Discard. Slowly heat soup to boiling. Serve. Makes 6 1/2 quarts.

PEA SOUP

A Vasa Member

3/4 lb. yellow peas
1 large onion
1 lb. smoked shoulder butt
1 tsp. salt
1 tsp. thyme
1/4 tsp. sugar

Rinse 3/4 pound yellow peas. Place in large pot. Cover with 2 1/2 quarts cold water. Soak overnight. Place 1 pound smoked shoulder butt into large saucepan with 3 quarts water, 1 large onion chopped. Simmer 1 1/2 hours. Remove meat. Skim off fat. Drain peas and add to the broth with 1 teaspoon salt, 1 teaspoon thyme, 1/4 teaspoon sugar. Simmer 1 1/2 hours until peas are tender. If necessary skim off shells of peas as they come to the surface. Yield 2 1/2 quarts soup. Serve with smoked butt.

TWO-DAY CHICKEN SOUP

Helen Anderson

First day: Using a large pot, fill it with water and the wings, necks and backs from three or more chickens. Bring to boil; remove from heat. Rinse and drain chicken. Fill pot again with water and add chicken, 1 bay leaf, 1 cut-up carrot and 1 chopped celery rib. Bring to boil and simmer for 2-3 hours. Cool and chill overnight in the refrigerator. Second day: Reheat stock; remove chicken pieces. Strain soup stock into another kettle and again reheat. Add 2 thinly sliced carrots, 2-3 handfuls of macaroni rings, 1 handful of chopped onions, salt, pepper, garlic powder, celery seed and parsley to taste. Skin and pick chicken meat from bones while the vegetables cook. Put the meat back into soup stock and cook another 10-15 minutes until hot. (8 large servings)

WINTER SOUP

Helen Anderson

1/3 c. white or brown beans
1 1/4 lb. beef shank
Extra soup bones
2 1/2 pt. water
2 Tbsp. salt
1 1/2 tsp. crushed white pepper
4 cloves
2 bay leaves
1 yellow onion
1 leek

293-80

3/4 lb. potatoes
2 carrots
1 piece root celery
1 parsnip
1/2 lb. Brussels sprouts

Lay beans in soak overnight. Bring to a boil meat and bones. Skim off top of soup. Add spices. Lay on top of meat and bones, onions slices and green from leek. Let it simmer 2 1/2 hours. Strain broth and let stand till next day. Cook beans in broth for 20 minutes. In the meantime, cut up vegetables and put them in soup and cook them until soft. Cut meat in pieces and place back in soup.

CHICKEN SOUP WITH POTATO DUMPLINGS

Alice Isojoki

1 fowl chicken, cut up
Water to cover
1 small onion, cut up
Tops of celery, tied together
3 stalks of celery, cut small
4 carrots, cut small
6 potatoes, cut in quarters
Salt

Dumplings:

1 egg
Dash of nutmeg
Lump of butter
Potatoes
Flour

Boil chicken in water to cover approximately 1 1/2 hours. Add vegetables. Take out 1/3 of potatoes. Mash potatoes. Mix 1 egg, butter, nutmeg and a little flour to hold together. Dip tablespoon in soup then in batter and drop batter into soup. Continue until used up. Cover pot. Simmer 10 minutes until dumplings come to top.

FISH CHOWDER

Alice Isojoki

Fish heads and a piece of fish (codfish, whiting)
Bay leaf
Peppercorn
Salt
Carrots
Celery
Potatoes

Boil fish heads and fish with onion, bay leaf, peppercorn and salt to taste. Strain the broth. In a large pot melt 3 tablespoons butter and 3 tablespoon flour. Mix. Add broth to sauce. Stir constantly until broth is clear.

Add a couple carrots, celery, potatoes cut small. Cook until done. Add fish from which bones have been removed. Add a little milk (optional).

CABBAGE SOUP

Miriam Emerson

2 c. tomato juice
2 c. water
1 Tbsp. onion flakes
or 1/2 small onion, chopped fine
1/2 head of cabbage, shredded
2 beef bouillon cubes

Mix all ingredients and bring to a boil and simmer until cabbage is tender.

CRANBERRY-PINEAPPLE SALAD

Doris Fahlberg

1 pkg. strawberry jello
1 c. hot water
1 lb. can cranberries, crushed
1/2 c. crushed pineapple
Chopped nuts, if desired

Dissolve the strawberry jello in the hot water. Add the cranberries and crushed pineapple and chopped nuts. Pour into mold.

CRANBERRY SALAD

Miriam Emerson

2 pkg. lemon jello
2 c. boiling water
1/2 tsp. salt
3 Tbsp. lemon juice
1 c. chopped celery
1 lb. cranberries
2 oranges (whole)
2 apples
3/4 c. sugar
1 c. chopped nuts (optional)

Dissolve jello in boiling water. Add salt, sugar and lemon juice. Put cranberries, whole oranges, cored apples (not peeled) through chopper. Add fruit to jello mixture. Let thicken, then fold in celery and nuts.

FRUIT SALAD (BY GEORGE)

Maj-Britt Wesley

2 c. water
1 c. sugar
1/2 c. Anisette liquor

Fruits:

3 oranges or tangelos
1/2 grapefruit
3 apples
Seedless grapes (if red add later)
8 c. fruit
2 Tbsp. lemon juice
1/2 can pears (or fresh)
1/2 can pineapple (or fresh)
Strawberries
Blueberries
Bananas

Bring water and sugar to a boil while stirring. Add Anisette and lemon juice (do not boil). Cut fruit into pieces or slices. Pour water mixture over fruit. (If bananas are used add after liquid is cool or they'll get mushy.) Chill at least 4 hours.

LIME JELLO MOLD

Mrs. J. Nielsen

2 pkg. lime jello
1 c. boiling water
1 (8 oz.) sour cream
2 (8 oz.) cans of crushed pineapple, juice drained off
Chopped walnuts

Mix 1 cup boiling water to lime jello. Add the drained off pineapple juice. Add walnuts and sour cream. Mix and pour into mold and refrigerate overnight.

CUCUMBER MOLD

Alice Isojoki

1 pkg. lime jello
1 c. hot water
1 c. chopped cucumber, pits removed
1 Tbsp. vinegar
1/2 - 1 tsp. chopped onion
Dash of cayenne pepper
1/2 tsp. salt

Prepare jello as package indicates with 1 cup of hot water, add other ingredients and refrigerate. To unmold place mold in bowl of hot water quickly and invert on dish.

DANISH CHEESE MOLD

Terry Larson

2 env. unflavored gelatin
1/2 c. water
1 (5 1/4 oz.) can Danish Camembert cheese or 4 wedges 1 1/3 oz. each
1/2 lb. Blue cheese
1/2 tsp. curry powder
2 eggs, separated
1 c. heavy cream

Soften gelatin in 1 cup measure (1/2 cup water). Place cup in pan of hot water; heat until gelatin dissolves. Combine Camembert and Blue cheeses in medium size bowl; beat until well-blended, then beat in curry powder, egg yolks and gelatin. Beat egg whites until they stand in stiff peaks. Beat cream in another bowl. Fold egg whites, then whipped cream into cheese mixture, until no streaks of white remain. Pour into 4-cup mold; cover with waxed paper or foil. Chill several hours or until firm. When ready to serve, unmold onto serving plate. Serve with crackers.

SHRIMP MOLD

Evelyn Johansson

1 can tomato soup, undiluted
1 (8 oz.) cream cheese
1 env. unflavored gelatin (1 Tbsp.)
1/4 c. (or less) water
1/2 c. chopped onion
1/2 c. chopped green pepper
1 c. mayonnaise
2 cans small shrimp, drained (or 1 family size)
1/2 c. chopped celery

Heat tomato soup. Blend in cream cheese; dilute gelatin in water. Add to soup mixture; remove from heat and cool 15 minutes. Add vegetables. Blend well. Add mayonnaise and shrimp and blend. Put into mold overnight or hours before serving (1 quart mold). Serve with crackers.

TUNA RING MOLD

Anita Olson

2 pkg. lemon gelatin
3 c. boiling water
3 Tbsp. vinegar
1 c. mayonnaise
1/2 c. chopped sweet pickles
1 c. diced celery
1 c. stuffed olives, chopped
2 flat cans tuna, flaked

Pour boiling water over gelatin. Add vinegar. When this begins to congeal, add mayonnaise and all chopped ingredients and tuna. Pour in ring mold or individual serving

dishes. Spam ground in food chopper can be substituted for tuna.

CUCUMBER-CREAM CHEESE RING

Vasa Member

2 Tbsp. unflavored gelatin
1/4 c. cold water
1/2 - 3/4 c. boiling water
2-4 Tbsp. sugar
1/2 tsp. salt
2-3 Tbsp. lemon juice
1 tsp. onion, grated
1 c. cucumber, grated and drained
2 to 3 (3 oz.) pkg. cream cheese

Soften gelatin in cold water; dissolve in boiling water. Add sugar; cool. Add salt, lemon juice, onion and cucumber. Soften cream cheese with 1/4 cup gelatin mixture. Chill remaining gelatin until partially thickened. Beat chilled mixture with egg beater until foamy. Combine with cheese gelatin mixture. Pour into ring mold and chill until firm. Servings: 6-8.

KALVSYLTA (Jellied Veal)

Dagny Beck

4 lb. veal shanks, neck or breast
1 lb. pork shank
Salt
5 whole white peppercorns
5 whole allspice
2 bay leaves
1 medium onion, quartered

Put meats in heavy pot. Add water to cover and 1 1/2 tablespoons salt. Bring to boil and skim well. Add remaining ingredients and simmer 1 1/2 hours or until tender. Remove meat from broth and remove bones and gristle. Put bones back in broth and reduce broth. Chop meat very fine. Strain broth. Add meat. Bring to boil and season. Pour into mold rinsed in cold water. Refrigerate overnight. Slice to serve.

AMBROSIA SALAD

Margaret Gustavsson

2 c. sour cream
2 cans Mandarin orange sections, drained
1 can pineapple tidbits, drained
1 c. (7 or 8 oz. pkg.) coconut (flaked)

Mix the first 3 ingredients and add half of coconut mix,

spread rest of coconut on top and decorate with cherries and mint leaves before serving. Make it a day ahead and refrigerate but put decorations on at the last minute.

P.S. If you can't get the tidbits, use the slices and cut small wedges. The chunk pineapple is too big.

YOGURT SALAD

Karin Norrman

1 cucumber
1 c. yogurt
Chopped parsley
1 crushed garlic clove
Juice of 1/2 lemon

Cut cucumber in small diced pieces. Sprinkle over salt and let stand 1 hour. Let liquid drain off cucumber pieces. Blend in yogurt, chopped parsley, garlic clove and juice of lemon.

QUICK AND COOL SUMMER SALAD

Terry Larson

1 (7 oz.) pkg. elbow macaroni (2 c.)
1 (16 oz.) can Veg-All, drained
1 (7 oz.) can tuna, drained and flaked
1 c. Cheddar cheese, diced
1/2 c. onion, diced
1/2 c. sour cream
1/2 c. salad dressing
1 1/2 Tbsp. lemon juice
1 tsp. seasoned salt
1/4 tsp. seasoned pepper
1/2 c. sweet pickles, diced

Prepare macaroni according to package directions. Drain. Add Veg-All, tuna, onions, cheese and pickles. Mix sour cream, salad dressing, lemon juice, seasoned salt and pepper. Toss with macaroni mixture. Chill. Serves 6 to 8.

HERRING SALAD

Dagney Beck

1 salt herring or 2 Matjes herring fillets in wine sauce
1 1/2 c. diced, boiled potatoes
1 1/2 c. diced pickled beets
1/3 c. diced dill pickles
1/2 c. diced apple
1/4 c. finely chopped onion
4 Tbsp. vinegar or liquid from pickled beets
2 Tbsp. water
2 Tbsp. sugar
Dash of pepper

2 hard-cooked eggs
1/2 c. mayonnaise

If Matjes herring fillets are used, they need no preparation except to be minced finely. If salt herring is used, clean fish, removing head. Soak 10-12 hours, changing water a few times. Dice fish. Mix all diced ingredients together carefully. Combine vinegar, water, sugar and pepper and mayonnaise; blend well. Gently stir into fish mixture. Pack into a 5-cup mold rinsed with cold water and brushed with salad oil. Chill in refrigerator a few hours. (6-8 servings)

SILLSALLAD (Herring Salad)

Eida Hooley

1 salt herring or 1 jar Vita herring, chopped very fine
6 large potatoes, cooked, cooled, diced
1/4 tsp. pepper
1 onion, minced
2 raw apples, minced
1 can beets, drained
3 carrots, minced
2 pickled cucumbers, minced
5 Tbsp. vinegar
2 Tbsp. sugar

Clean and soak herring overnight. Skin, bone and fillet, wipe dry. Chop fine the herring, potatoes, beets, apples, carrots, cucumbers. Mix all together in large bowl. Add vinegar, sugar and pepper. Season to taste. If too dry add couple tablespoons sour cream or mayonnaise. Pack tightly in mold washed in cold water or lined with waxed paper. Refrigerate overnight. Serve unmolded on bed of greens garnished with chopped egg and whipped cream tinted pink with beet juice.

BEAN SALAD

Mrs. J. Nielsen

1 can wax beans, drained
1 can green beans, drained
1 can red kidney beans, drained
1 c. celery
1 c. green pepper
1 large red onion, sliced thin
1 tsp. salt
1/4 c. salad oil
1 c. cider vinegar
1/2 c. sugar
1 Tbsp. water

Combine oil, vinegar, salt and water. Mix beans and celery and green pepper together. Add vinegar mixture to beans and marinate in refrigerator as long as possible.

CHICKEN SALAD

Margaret Gustavson

1 (4 lb.) pullet
6 c. water
1 onion
1 Tbsp. salt
1 bunch celery
2 Tbsp. oil
2 Tbsp. soy sauce
1 tsp. sugar
1/2 tsp. pepper

Combine the chicken, water, onion and salt in a saucepan. Bring to a boil; cover and cook over low heat 1 1/2 hours or until tender. Drain and cool chicken. (Strain stock and use as soup.) Cut the chicken in small pieces. Cut the celery in 1-inch pieces; cook in 1/2 cup water or stock for 1 minute. Drain and cool.

HOT POTATO SALAD

Margaret Gustavsson

6 baking potatoes
1/3 c. vinegar
2 tsp. salt
1/4 tsp. pepper
1 lb. bacon, chopped
6 eggs
3/4 c. chopped onions

Cook potatoes and peel and dice. Add vinegar and seasonings. Fry bacon till crisp. Cook eggs 4 minutes. Combine potatoes, bacon (leaving some to sprinkle on top) plus 2 tablespoons bacon fat, onion and salt and chopped eggs. Mix well. Serve on a bed of lettuce, decorating with parsley and radishes or tomatoes, and the reserved chopped bacon.

GERMAN POTATO SALAD

Helen Haggqvist

8 medium unpared potatoes, washed and halved
3 c. beef consomme
Water
8 slices bacon
2 medium onions, chopped
Salad oil
2/3 c. white vinegar
1 Tbsp. Dijon or Dusseldorf mustard
4 tsp. sugar
1 Tbsp. salt
1/2 tsp. white pepper
1/2 c. chopped parsley

In a large kettle, place potatoes, consomme and enough water to cover. Simmer 20 minutes or until fork tender. Drain (reserve liquid for future use as a soup base). Peel and slice potatoes. In a skillet, saute bacon until crisp.

Remove and crumble over potatoes. In bacon drippings, saute onion until tender. Place in bowl with potatoes. Add enough salad oil to bacon drippings to measure 1/4 cup. Combine with vinegar. In same skillet, stir vinegar mixture with mustard, sugar, salt and pepper. Blend and heat to boiling. Pour over potatoes, add parsley and toss lightly. Serve warm or at room temperature. Makes about 2 quarts.

GREEN BEAN AND POTATO SALAD — Helen Anderson

3 lb. new potatoes
1/3 c. white wine
1/3 c. canned chicken broth
1/2 c. French dressing
3/4 tsp. summer savory
3/4 tsp. basil
1 1/2 lb. green beans

Steam the potatoes 25-30 minutes. While warm stir in wine and broth. Toss with spatula. Let stand 20 minutes. Drain excess liquid. Add dressing and herbs. Chill for at least 4 hours. Steam the green beans, cut in 1-inch pieces covered for 5 minutes. Refresh under cold water. Dry beans with paper towel and chill about 4 hours.

BRUNA BONOR — Margaret Gustavsson

1 large (2 lb. size) can kidney beans
1/2 c. dark molasses
1-2 cinnamon sticks

Simmer the above for 1 hour. Add 1 tablespoon vinegar or to taste. Simmer 15-20 minutes more till taste blends.

SAUCY BAKED BEANS — Miriam Emerson

3 (16 oz.) cans pork and beans in tomato sauce
1 medium onion, chopped
1 medium green pepper, chopped
1/4 c. packed brown sugar
1/4 c. catsup
2 Tbsp. Worcestershire sauce
3 slices bacon

In 2-quart casserole combine pork and beans, onion, green pepper, brown sugar, catsup and Worcestershire sauce. Top with bacon. Bake, uncovered, in 325° oven 1 1/2 hours. Makes 10-12 servings.

BAKED BEANS

Miriam Emerson

2 large cans pork and beans
1 medium can crushed pineapple
1/4 c. honey
1 pkg. dry onion soup mix
1/4 c. bacon drippings

Mix all ingredients and pour into 2-quart casserole. Bake at 350° F. for 1 hour.

SCALLOPED POTATOES DE LUXE

Maj-Britt Wesley

2 lb. potatoes
2 c. milk
1 1/2 c. heavy cream
1 large clove garlic, finely chopped
3/4 tsp. salt
1/2 tsp. freshly ground white pepper
1 Tbsp. butter
1/2 c. grated Swiss cheese

Peel and wash potatoes, dry thoroughly and slice into 1/8 inch thick slices (5-6 cups), put in large saucepan, add milk, cream, garlic, salt and pepper. Bring to a boil while stirring. Preheat oven to 400°. Pour potato mixture into shallow Pyrex dish which has been greased with butter. Sprinkle cheese on top and bake 1 hour or until done and well browned (reduce oven to 375° if dish browns too much on the surface, or cover with foil). Allow the dish to stand 15 to 20 minutes before serving. (8 servings)

STRING BEANS IN CASSEROLE

Miriam Emerson

2 pkg. frozen French style beans, cooked and drained
1 can cream of mushroom soup
1 can French fried onions

Mix gently together. Place in greased dish. Bake 20 minutes at 350°.

SEPTEMBER CASSEROLE

Helen Anderson

1 medium head cabbage, cored and sliced thin
3 large potatoes, peeled and sliced thin
Salt and pepper to taste
3 tart apples, peeled, cored and sliced thin
1 medium onion, chopped fine
6 Tbsp. butter
1 c. heavy cream

1/2 c. fine dry bread crumbs

1/2 c. grated Cheddar cheese

In a large casserole, arrange a layer of 1/3 cabbage, potatoes, apples and onion. Dot with 2 tablespoons butter and sprinkle on salt and pepper. Repeat this procedure a second and third time. Then pour over heavy cream. Cover casserole with aluminum foil or cover. Bake at 350° F. for 45 minutes. Uncover and sprinkle with bread crumbs and cheese. Dot with butter and return to oven until top is crusty. (6 servings)

VEGETABLE SOUFFLE

Helen Haggqvist

2 pkg. chopped spinach or broccoli
1 c. milk
4 Tbsp. flour
1/2 stick butter
3 eggs, beaten
1/4 tsp. salt
1/2 c. mayonnaise

Cook vegetables 5-6 minutes, drain well. Make cream sauce: Melt butter, blend in flour add milk, stir till thick. Add cream sauce to egg mixture in 2-quart casserole (slowly). Add vegetables, mix. Fold in mayonnaise. Bake at 350° approximately 30-35 minutes until golden brown.

BROCCOLI CASSEROLE

Anita Olson

1 (10 oz.) pkg frozen broccoli
1/2 can mushroom soup
1/2 c. mayonnaise
1 beaten egg
2 Tbsp. butter
1/2 c. sharp cheese, grated
1/4 c. crushed crackers
2 Tbsp. chopped onions

Cook broccoli for 5 minutes in boiling salted water. Drain well. Combine the rest of ingredients. Dot with butter and crackers. Bake at 350° F. for 30 minutes.

CREAMED MUSHROOMS

Helen Haggqvist

1 lb. mushrooms, sliced
Butter
Dry minced onion
Salt and pepper
Flour
Heavy cream
Milk

Saute mushrooms in butter. Season with salt, pepper and dry minced onions. Cook until almost done. Sprinkle flour on top. Mix lightly. Add heavy cream and milk alternately until a nice creamed sauce is formed. Cover and simmer until ready to serve.

BAKED CELERY AND MUSHROOMS — Helen Haggqvist

3 c. celery, diagonally sliced
1 tsp. salt
2 c. water, boiling

Simmer 10 minutes.

2 Tbsp. minced onions
3 Tbsp. butter or margarine, melted

Saute 1 minute.

3 Tbsp. flour
2/3 c. milk
1 (3 oz.) can mushrooms, chopped, include juice
1/2 tsp. salt
1/8 tsp. pepper
1/8 tsp. marjoram

Simmer 2 minutes.

2 oz. processed American cheese, sliced thin
1/4 c. buttered crumbs

Bake at 325° for 20 minutes. Serves 4 to 6. Simmer celery in salted boiling water 10 minutes or until barely tender. Saute onion in shortening for 1 minute or until onions are limp. Stir in flour; add milk, mushrooms and seasonings. Simmer, stirring constantly 2 minutes or until thickened. Drain celery and combine with mushroom sauce. Pour into lightly oiled baking dish (1 quart). Top with cheese and crumbs. Bake at 325° for 20 minutes, until lightly browned.

MOUSKAKA — Doris Fahlberg

1 large eggplant
1 tsp. butter
Bread crumbs
1 lb. ground beef or lamb
1 large onion, chopped
3 Tbsp. tomato paste

4 tsp. butter
2 Tbsp. flour
1 c. milk, scalded
1 c. cottage cheese
1 egg, slightly beaten
Parmesan cheese
Cinnamon, nutmeg
Salt, pepper

Peel and slice eggplant. Saute in 1 tablespoon butter. Place layer of bread crumbs in bottom of casserole. Lay a layer of eggplant over it. Add another layer of crumbs. Brown beef and onions in skillet. Add tomato paste. Spread over eggplant. Melt 4 tablespoons butter, add flour and mix well. Add milk, cottage cheese, seasonings to taste. Cook until slightly thickened. Cool and add the egg. Spread on top of meat mixture. Sprinkle cheese on top. Bake at 350° for 30-45 minutes. Serves 4-6.

CORN PUDDING

Dagney Beck

1 can drained whole kernel corn
1 can creamed corn
3 egg yolks, beaten
1 can evaporated milk
1/2 stick butter, melted
2 Tbsp. sugar
2 Tbsp. cornstarch
1 tsp. salt
1 tsp. white pepper
3 egg whites

Mix together all ingredients except egg whites. Beat egg whites until dry or until they stand in peaks. Fold into corn mixture lightly. Pour into greased casserole dish and bake in slow oven at 325° F. until firm. Serves 6-8.

CORN FRITTERS

Alice Isojoki

2 c. corn (Niblets can drained)
2 eggs
1/3 c. milk
2 Tbsp. salad oil
1 Tbsp. sugar
1 tsp. salt
1 1/2 tsp. baking powder
1 c. unsifted flour

In bowl, beat eggs with milk and salad oil; add sugar, salt and corn. Add flour and baking powder. Mix well. Heat oil in large heavy skillet. Add corn mixture by tablespoons. Cook over moderate heat until fritters are puffed and golden brown on both sides.

CARROTS ELEGANTA

Dagney Beck

2 lb. carrots
1 stick butter or margarine
1/4 tsp. cardamom
1/2 c. orange juice
2 tsp. sugar

Pare carrots; grate coarsely. Melt butter in medium size pan. Stir in salt, sugar, cardamom, carrots and cover. Cook over medium heat 10 minutes. Carrots should be crisply tender. Serve in heated bowl and garnish with parsley. Serves 6.

TURNIP CASSEROLE

Alice Isojoki

1 large turnip, cut into pieces
2 large carrots, cut into pieces
1 egg
Salt
Butter

Cover with water. Salt to taste. Cook until done. Strain, mash with butter. Cool slightly and whip in one egg. Place in casserole. Bake at 350° for 30 minutes.

SPINACH PIE

Irene Buonomo

5 pkg. frozen spinach
2 cans of rolled fillet anchoives
1 bottle Spanish olives
Parsley, salt, pepper
Oil
4 medium onions

Dough:

3 tsp. oil
3 c. flour
3 eggs
2 Tbsp. water
Salt and pepper

Combine 1 cup flour, 1 egg and 1 teaspoon of oil and 2 tablespoons of water to make dough. Roll dough like an envelope. Combine frozen, well drained spinach, well chopped anchovies and olives, onion, parsley, salt, pepper and 1 tablespoon of oil. Place spinach combination in envelope of dough. Each cup of flour makes 1 pie. Turn the one side over and take fork and push two sides together. Now roll over the edges and use fork again and on top fork the dough. Bake at 375° until brown.

AU GRATIN POTATOES

Marie Lewerentz

10-12 cooked potatoes
1/4 lb. butter
1 qt. milk
4 Tbsp. flour
1 tsp. salt
3-4 c. grated Cheddar cheese
1 tsp. Worcestershire sauce (optional)

While potatoes are cooling make cheese sauce. Melt butter in saucepan, then add flour, stirring until foamy, but not brown. Add milk slowly, stirring constantly to insure smoothness. Cook until thickened. Add cheese over low heat, stirring until cheese melts. Add Worcestershire sauce if desired. Layer cubed potatoes, finely chopped onion and cheese sauce in large casserole. Put casserole in oven for about an hour at 350°.

POTATO PUFFS

Terry Larson

2 eggs
3 Tbsp. milk
1/2 c. flour
1 tsp. baking powder
1 tsp. salt
1/4 tsp. pepper
1 c. mashed potatoes
1 Tbsp. chopped parsley

Combine eggs and milk. Sift dry ingredients. Stir into liquid mixture. Add potatoes, parsley; beat thoroughly. Fry teaspoon of batter in deep fat, 375° F. for 2 or 3 minutes or until golden brown, turning after a few seconds. Drain on paper towels. (6-8 servings)

POTATO PANCAKES

Dagney Beck

3 or 4 large poatoes
1/8 tsp. baking powder
1/2 c. shortening
2 eggs
1 Tbsp. flour
Pinch of salt

Using fine grater, grate the raw pared potatoes. Add salt, well beaten eggs, flour and baking powder. Drop by spoonful onto hot, greased skillet. Fry slowly until brown and crisp on each side. Serves 3 people.

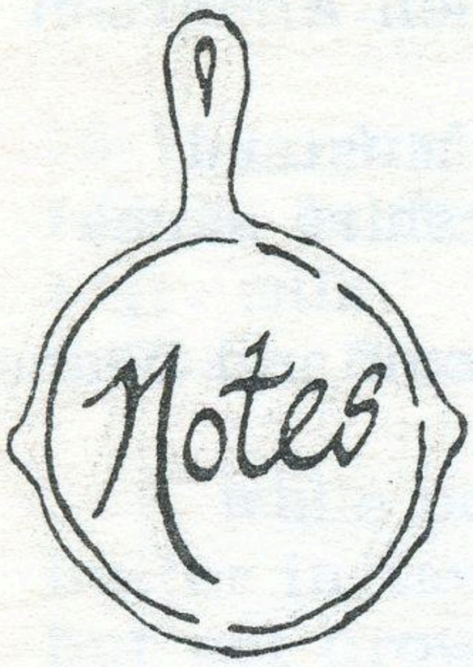
DANISH BEAN BAKE

Helen Anderson

4 slices bacon, cut in 1 inch pieces
2 Tbsp. green onions or scallions, chopped
1 - 1 1/4 oz. wedge Roquefort cheese, crumbled
2 tsp. prepared mustard
1 tsp. Worcestershire sauce
1 tsp. vinegar
2 (1 lb.) cans pork and beans

Fry bacon partially cooked. Add onions and cook until lightly browned. Add cheese, mustard, Worcestershire sauce and vinegar. Stir until blended. Fold in pork and beans. Bake at 350° F. for 25-30 minutes.

** NOTES **


Notes

MAIN DISHES

HANDY CHART OF KITCHEN MATH WITH METRIC

KITCHEN MATH WITH METRIC TABLES

Measure	Equivalent	Metric (ML)
1 Tbsp.	3 tsp.	14.8 milliliters
2 Tbsp.	1 oz.	29.6 milliliters
1 jigger	1½ oz.	44.4 milliliters
¼ cup	4 Tbsp.	59.2 milliliters
1/3 cup	5 Tbsp. plus 1 tsp.	78.9 milliliters
½ cup	8 Tbsp.	118.4 milliliters
1 cup	16 Tbsp.	236.8 milliliters
1 pint	2 cups	473.6 milliliters
1 quart	4 cups	947.2 milliliters
1 liter	4 cups plus 3½ Tbsp.	1,000.0 milliliters
1 oz. (dry)	2 Tbsp.	28.35 grams
1 pound	16 oz.	453.59 grams
2.21 pounds	35.3 oz.	1.00 kilogram

THE APPROXIMATE CONVERSON FACTORS FOR UNITS OF VOLUME

To Convert from	*To*	*Multiply by*
teaspoons (tsp.)	milliliters (ml)	5
tablespoons (Tbsp.)	milliliters (ml)	15
fluid ounces (fl. oz.)	milliliters (ml)	30
cups (c)	liters (l)	0.24
pints (pt)	liters (l)	0.47
quarts (qt)	liters (l)	0.95
gallons (gal)	liters (l)	3.8
cubic feet (ft^3)	cubic meters (m^3)	0.03
cubic yards (yd^3)	cubic meters (m^3)	0.76
milliliters (ml)	fluid ounces (fl oz)	0.03
liters (l)	pints (pt)	2.1
liters (l)	quarts (qt)	1.06
liters (l)	gallons (gal)	0.26
cubic meters (m^3)	cubic feet (ft^3)	35
cubic meters (m^3)	cubic yards (yd^3)	1.3

DEEP-FAT FRYING TEMPERATURES WITHOUT A THERMOMETER

A 1-inch cube of white bread will turn golden brown:

345° to 355°	65 seconds
355° to 365°	60 seconds
365° to 375°	50 seconds
375° to 385°	40 seconds
385° to 395°	20 seconds

TABLE OF PROPORTIONS

Gelatin (unflavored) - 1 Tbsp. thickens 2 cups liquid

Salt

Soups & Sauces	1 tsp. to 1 qt. sauce
Dough	1 tsp. to 4 cups flour
Cereals	1 tsp. to 2 cups liquid
Meat	1 tsp. to 1 lb. meat
Vegetables	½ tsp. using 1 qt. water

SIMPLIFIED MEASURES

dash = less than 1/8 teaspoon
3 tsp. = 1 Tbsp.
16 Tbsp. = 1 cup
1 cup = ½ pt.
2 cups = 1 pt.
2 pt. (4 c.) = 1 qt.
4 qt. (liquid) = 1 gal.
8 qt. (solid) = 1 peck
4 pecks = 1 bushel
16 oz. = 1 lb.

If you want to measure part-cups by the tablespoon, remember:

4 Tbsp. = ¼ cup
5 1/3 Tbsp. = 1/3 cup
8 Tbsp. = ½ cup
10 2/3 Tbsp. = 2/3 cup
12 Tbsp. = ¾ cup
14 Tbsp. = 7/8 cup

CONTENTS OF CANS

Of the different sizes of cans used by commercial canners, the most common are:

Size	Average Contents
8-oz.	1 cup
picnic	1¼ cups
No. 300	1¾ cups
No. 1 tall	2 cups
No. 303	2 cups
No. 2	2½ cups
No. 2½	3½ cups
No. 3	4 cups
No. 10	12 to 13 cups

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RALPH'S FAVORITE IRISH STEW — Lee-Ann Manngard

2 lb. stew meat
2 tsp. salt
1/8 tsp. pepper
1 bay leaf
3 c. boiling water
2 large onions, peeled and quartered
1/3 c. chopped celery
4-6 large carrots, pared and cut in diagonal 1/2 inch slices
1/4 c. flour
2 Tbsp. chopped parsley
4-6 medium potatoes, pared and quartered

In medium kettle combine meat, salt, pepper and bay leaf with boiling water; bring to boiling; reduce heat; simmer covered for 1 hour. Add onions, potatoes, celery and carrots; bring to boiling. In small bowl, combine flour and 1/4 cup water; mix to form smooth paste. Stir flour mixture into hot stew. Add parsley. Bring to boiling, stirring; boil until stew is thickened. Serves 6.

ED'S FAVORITE STEW — Miriam Emerson

2 lb. chuck for stew, cut small
6 large carrots, cut in 1 inch pieces
4-5 potatoes, cut into small pieces
3 stalks celery, chopped
1 tsp. dry parsley flakes
Salt and pepper to taste
1 can tomato soup
3/4 can water
1 medium onion, chopped

In pressure cooker brown meat cubes in a small amount of oil. Saute onions till soft. Layer rest of ingredients over meat and onions. Sprinkle on parsley, salt and pepper. Cover with tomato soup and water. When steam cock starts to shake start counting 15-18 minutes. Cool. Tastes better when made a day before and allowed to mellow in the refrigerator. Serve with homemade muffins.

Note: If you don't have tomato soup use 1 can of tomato sauce and 1 can water.

BEEF STROGANOFF — Terry Larson

2 lb. meat for stew
2 onions, finely diced
2 carrots, finely diced
1 can beef broth
1 small can tomatoes, finely chopped
Salt and pepper
2 Tbsp. sour cream

Brown meat. Then add onions, carrots and brown. Add beef broth and tomatoes. Season with salt and pepper. Cook until meat is tender. Just before serving add sour cream. Do not boil. Serve with rice or boiled potatoes.

EASY BEEF STROGANOFF — Doris Fahlberg

1 1/2 lb. round steak, tenderized
Flour
Salt
1/2 c. chopped onion
1 c. drained mushrooms
1 c. sour cream
1 can beef broth

Flour meat and add salt. Cut meat in strips. Brown in butter. Add chopped onions and mushrooms. Brown well. Add 1 can beef broth. Cook 1 hour. Five minutes before serving add 1 cup sour cream. Serve over noodles.

PERFECT TOP ROUND ROAST BEEF — Lilly Stockman

23 lb. top round beef
Onions
Carrots
Celery

Sprinkle with salt and pepper. Place in a hot oven, 450° F. for 2 hours 15 minutes. Baste occasionally. Take out of oven and place under a dry towel for 15 minutes. Then slice. Serves 50-60 people.

OVEN-BARBEQUED POT ROAST — Marie Lewerentz

3 lb. beef chuck or cross rib pot roast
1 medium onion, sliced
1/3 c. vinegar
1/4 c. catsup
2 Tbsp. cooking oil
2 Tbsp. soy sauce
1 Tbsp. Worcestershire sauce
1 Tbsp. prepared mustard
1/4 tsp. garlic powder

Place meat and onion in plastic bag, set in shallow baking dish. Combine remaining ingredients, 1 teaspoon

salt and 1/4 teaspoon pepper. Pour over meat in plastic bag. Secure bag with tie. Marinate overnight in refrigerator. Transfer meat, onion and marinade from bag to baking dish or Dutch oven. Cover and roast in 350° oven for 1 3/4 to 2 1/4 hours, basting with marinade. Transfer meat and onions to carving board, keep warm. Measure 1 cup pan juices. In saucepan, blend 1 cup cold water and 4 teaspoons cornstarch. Add reserved juices. Cook and stir bubbly. Slice meat, pass gravy. Serves 6.

OVEN POT ROAST — Lee-Ann Manngard

3-4 lb. beef pot roast (larger if necessary)
1 env. dry onion soup mix
1 (10 1/2 oz.) can condensed cream of mushroom soup

Place roast in center of double thickness of heavy duty aluminum foil. Sprinkle all sides of meat with onion soup mix. Spoon mushroom soup over top. Seal meat in foil. Place meat in 13x9x2 inch pan. Bake at 350° F. for 2 1/2 - 3 hours. Remove meat to platter. Skim off excess fat from meat juices. Serve juices with meat or thicken for gravy.

SAUERBRATEN — Lily Stockman

4 large onions
8 stalks celery
2 large carrots
3 qt. cold water
1 1/2 c. white vinegar
1/2 c. sugar
2 medium bay leaves
3 Tbsp. salt
2 Tbsp. mixed pickling spices
8 whole cloves
1 (5-6 lb.) bottom round beef
18-24 gingersnaps
1 c. wine vinegar

Slice onions, celery and carrots, place in a large pot with cold water, vinegars, sugar, bay leaves, salt, pickling spices and cloves. Boil for 5 minutes. Place meat in a stone crock; pour boiling stock over meat. Refrigerate for 5 days. Remove meat; dry with towel. Heat a heavy Dutch oven for 10 minutes. Place meat in Dutch oven; brown for 30 minutes on all sides, turning frequently. Strain stock; drain onions, carrots and celery on a paper towel. Place over meat. Reduce heat to medium; pour stock over meat, stirring well. Increase heat until stock is boiling; reduce heat; cover and let cook for 2 to 2 1/2 hours. Add gingersnaps; cook and stir 4 minutes. Remove from heat; let stand, covered for a

few minutes before serving. Strain gravy and serve over sliced meat. Makes 8 servings.

QUICK SAUERBRATEN

Miriam Emerson

5 lb. beef, rump or round
1/4 c. salad oil
1/2 c. minced onion
2 tsp. salt
2 Tbsp. mixed pickling spices
1 c. wine vinegar
3 c. water
1/2 c. brown sugar
12 gingersnaps, crumbled

Wipe the meat with a damp cloth. In a deep kettle or Dutch oven, heat the oil; brown the meat on all sides. Pour off oil. In a bowl, combine the onion, salt, pickling spices, vinegar, water and brown sugar. Mix well. Pour over meat in kettle. Cover. Simmer approximately 3 hours until meat is tender. Remove meat to a platter and keep warm. Strain liquid into a bowl, then measure 4 cups back into kettle. Add the crumbled gingersnaps. Cook, stirring until slightly thickened. If a thicker gravy is desired omit gingersnaps and stir in 3 tablespoons of flour blended with 1/3 cup cold water and cook 5 minutes, stirring until thickened.

SHEPHERD'S PIE

Helen Haggqvist

1 lb. potatoes
1 small onion, chopped
1/2 c. beef stock
1 lb. cooked, minced beef, or leftover roast, cut in small cubes or ground
2 tomatoes, chopped
2 Tbsp. butter
1 egg, beaten
Salt and pepper

Peel and cube the potatoes and cook them in salted water until tender. Drain and mash. Saute the onions in butter until they are limp, then crumble in the ground meat and cook through. If the meat has been previously cooked, simply dice or grind it and stir it into the onions. Add the tomatoes and seasonings. Turn the mixture into a casserole and top with mashed potatoes. Brush the top with a little beaten egg and bake in a 350° oven for 20 minutes. Any leftover vegetables can be added if desired.

SJOMANSBIFF (Sailors Beef) Maud Linstrom

1 lb. beef chuck or round
1 1/2 lb. potatoes
2 Tbsp. butter
1 Tbsp. salt
White pepper
2 sliced onions
1-2 c. water

Wipe meat with cloth, cut in 1/2 inch thick slices and pound. Peel potatoes and cut in thick slices. Saute onions, then brown meat in butter in frying pan. Place alternate layers of potatoes, meat and onions, each layer sprinkled with salt and pepper in casserole. Fisnish with potatoes. Pour a little boiling water into frying pan, stir and add liquid to casserole. Barely cover with water and simmer covered 1 1/2 hours or until meat is tender.

ROLADEN Lily Stockman

2 lb. round steak
Salt and pepper
Bacon
Onion slices

Cut steak into small serving portions. Lay out flat and season. On each piece of steak lay a quarter slice of bacon. Top with onion. Roll up each piece separately; tie with a string to form a small roll. Place in skillet and brown on all sides. Add water; simmer for 1 hour and 30 minutes. Remove from pan and remove strings. Make gravy from drippings, pour over meat before serving. Serves 6.

CORNED BEEF CASSEROLE Doris Fahlberg

1/2 lb. elbow macaroni
1 can cream of mushroom soup
1/4 c. onions, chopped
1 can corned beef
1 c. milk
1/2 c. cheese, grated

Cook macaroni as directed on package. Layer all ingredients in casserole. Cover with milk and mushroom soup. Top with buttered bread crumbs. Bake at 375° for 1 hour.

STUFFED PEPPERS

M. Emerson

1 can tomato sauce
1 lb. chopped meat (chopped chuck)
1/4 c. rice
Salt
Black pepper
1 medium onion
6 green peppers

Cook rice in 1/2 cup of water until water disappears and let cool. Cut pepper tops off and clean out seeds and rinse under cold water. Fill with meat mixture (chopped meat, rice, salt, pepper, chopped onion). Place in Dutch oven and pour 1 can of tomato sauce and 1 can water over the peppers and let simmer for 1 hour.

CHILI CON CARNE

Helen Anderson

2 lb. fat or salad oil
1 lb. ground chuck
1 tsp. salt
2-3 tsp. chili powder
2 medium sized onions
1 can tomatoes
1 (No. 2) can red kidney beans
2 Tbsp. vinegar
1 Tbsp. B-V extract

Heat fat in large heavy skillet and brown onions. Then quickly brown meat, stirring with fork. Add remaining ingredients and mix well. Cover and simmer, stirring occassionally 30-45 minutes.

CHILI

Eddie Wright

4 lb. chopped meat
4 large onions, chopped
3 large green peppers, chopped
3 large cans whole tomatoes
1 large can tomato puree
3 cloves garlic, chopped finely
2 tsp. ground cumin
Chili powder to taste
Salt, pepper, parsley
1/4 lb. butter

Fry meat, onion, garlic and pepper. Put in a large pot. Add tomatoes, tomato puree and spices. Cook on low heat 45-60 minutes, stirring occasionally. Serve hot.

HAMBURGER CHOP SUEY

Doris Fahlberg

1 lb. ground beef
1 medium onion
1 1/2 tsp. salt
Dash of pepper
2 c. diced celery
1 1/2 c. hot water
1 can mixed Chinese vegetables
2 Tbsp. cornstarch mixed with cold water
1 Tbsp. soy sauce

Brown hamburger. Add onion, seasonings. Add celery which has been cooked in water for 10 minutes, then add remaining ingredients. Serve with hot cooked rice.

KALDOLMAR (Stuffed Cabbage)

Vasa Member

1 medium head of cabbage
1 lb. chopped beef
1 c. chopped rice
1 tsp. salt
Dash of pepper
Dash of sugar

Remove wilted leaves from cabbage. Cut out core. Place in boiling salted water to cover. Cook until soft, about 5 minutes. Loosen large leaves and cut off heavy vein. Mix meat with rice and spices and place about 2 tablespoons on each leaf. Roll up and fasten with toothpicks or string. Place bundles in greased skillet and brown on all sides. Add a little water or bouillon. Simmer 1 hour or after browning place in baking dish in 350° oven for about 1 hour or after filling cabbage in meat mixture place immediately in 350° oven, dot with margarine and bake uncovered for 1 1/2 hours. Gravy can be made from drippings.

KALPUDDING (Cabbage and Meat Casserole)

Vasa Member

2 lb. ground round steak
3 slices white bread
3/4 c. milk
1 egg
Salt, pepper
Dash of allspice
1 medium head cabbage
Butter
3 Tbsp. brown sugar
1 bouillon cube
1 1/2 c. water

Prepare meat as for meat balls, set aside. Slice cabbage, rinse and drain. Saute cabbage portions a little at a time in 2 tablespoons butter, then mix with brown sugar and a little salt. In buttered casserole place layers of first cabbage, meat, cabbage and meat on top. Pour bouillon over.

Bake at 350° for 1 hour. Serve hot, cut in squares or sliced cold.

KOTTBULLAR (Swedish Meat Balls) A Vasa Member

1 1/2 lb. ground beef
1/2 lb. ground pork
1 onion, finely chopped
1 egg
1 tsp. salt
1/2 tsp. white pepper
1/2 tsp. allspice
1 c. milk
3 slices fresh white bread, crusts removed and soaked in milk

Saute onions in butter until golden brown. Soak bread in milk. Mix meat, onions, bread, egg and spices together very well. Roll in 1-inch balls. Fry in margarine or butter. Shake pan to keep browning. Pan gravy can be made with flour, salt, pepper and milk or water. When making meat balls for smorgasbord make them smaller. You may bake them in the oven at 400° for 20 minutes.

SWEDISH MEAT BALLS Alice Isojoki

2 lb. beef chuck
1 medium sized onion, grated or chopped
Salt
Allspice
3-4 Zwieback per pound for ground meat
2 eggs
Milk

Soak Zwieback in milk. Add meat, onion, eggs, salt and allspice. Mix thoroughly. Let stand about 15 minutes. Shape into small balls. Fry gently in butter or margarine. Make gravy. Put meat balls back to simmer.

DUTCH MEAT LOAF Margaret Gustavsson

1 1/2 lb. ground beef
1 c. fresh bread crumbs
1 medium onion, chopped
1 (6 oz.) can Hunt's tomato sauce
1 egg
1 1/2 tsp. salt
1/2 tsp. pepper
3/4 c. water
2 Tbsp. brown sugar
2 Tbsp. prepared mustard
1 Tbsp. vinegar

Lightly mix beef, onion, bread crumbs, and 1/2 can tomato sauce, egg and seasonings. Shape into loaf in

shallow pan. Combine remaining tomato sauce, with rest of ingredients and pour over loaf. Bake at 350° for 1 1/4 hours. Baste loaf several times.

WOLF AT THE DOOR

Terry Larson

1 lb. chopped meat
1 lb. sausage
2 onions, chopped
16 oz. can tomato sauce
2 lb. cans kidney beans

Saute chopped meat, sausage and onions until meat is brown and onion is cooked. Drain off excess fat. Add tomato sauce and kidney beans. Simmer until warm through. Season with salt and pepper if needed.

LASAGNA

Stephanie Haggquist

2 Tbsp. each of oil and butter
1 c. chopped onion
2 finely chopped garlic cloves
1 1/2 lb. ground beef
2 tsp. salt
2 lb. 3 oz. Italian style peeled tomatoes
2 (6 oz.) cans tomato paste
1 tsp. basil
2 tsp. oregano
1/2 tsp. ground pepper
1 Tbsp. sugar
1 lb. lasagna noodles
2 Tbsp. oil
1/2 c. Ricotta cheese
8 oz. pkg. Mozzarella cheese

In a skillet, heat 2 tablespoons each of oil and butter. Add 1 cup chopped onion and 2 finely chopped garlic cloves, and saute until golden. Add 1 1/2 pounds ground beef and 2 teaspoons salt. Cook until meat loses its red color (approximately 5 minutes). In a large saucepan, combine 2 cans tomato paste, 1 tablespoons sugar, 2 teaspoons oregano, 1 teaspoon basil and 1/2 teaspoon ground pepper. Add meat mixture and simmer covered on a very low flame for 45 minutes or longer. Makes about 2 quarts of sauce. Meanwhile, cook 1 pound lasagna noodles (12) in large amount of salted water until tender, about 20 minutes. Add 2 tablespoons of oil to keep noodles from sticking. Drain noodles and separate on paper towels. Spread 1/2 cup sauce in bottom of baking pan (9x13x2 inches). Cover with layer of lasagna noodles with 1/2 cup Ricotta cheese and Mozzarella cheese sliced as thinly as possible. Cover it with 1 cup meat sauce.

Repeat layers twice with same amounts. Top with grated Parmesan cheese. Cover pan with foil and bake at 350° for 20 minutes. Remove foil and bake 20 minutes longer.

BAKED MACARONI (Italian Style) Helen Anderson

4 Tbsp. vegetable oil
1/2 c. chopped onion
1/4 c. chopped celery
1 clove garlic
2 c. water
1 (6 oz.) can tomato paste
1 1/2 tsp. salt
1/2 tsp. sugar
1/4 tsp. basil or oregano
1/8 tsp. pepper
2/3 c. grated Parmesan cheese
1/2 lb. large macaroni, cooked and drained
1 lb. (2 c.) Ricotta or cottage cheese

Cook onion, celery and garlic in oil until soft. Remove garlic. Blend in water, tomato paste and seasonings. Bring to boil. Lower heat, cover and simmer 1 hour in a 8x8x2 inch baking pan, put a thin layer of sauce; sprinkle with cheese and top with half the macaroni. Spread Ricotta on macaroni; cover with half the remaining sauce; sprinkle with cheese. Cover with remaining macaroni and sauce. Sprinkle top with remaining cheese. Bake at 350° F. for 35-40 minutes or until top is brown and sauce bubbles. (4 servings)

Can be prepared early in day and stored in refrigerator and baked just before mealtime. Add 10 minutes to baking time.

SPAGHETTI WITH MEAT BALLS Helen Haggqvist

2 lb. lean ground chuck
1 egg
1/2 tsp. salt
1/2 tsp. pepper
1 c. soft bread crumbs
2 Tbsp. olive oil
1 (6 oz.) can tomato paste
1 (2 lb. 3 oz.) can Italian plum tomatoes
1 (6 oz.) can water
1 (1 lb.) can stewed tomatoes
1 tsp. sugar
1 tsp. salt
1/8 tsp. pepper
1 lb. thin spaghetti
Grated Parmesan cheese

Serves 6. In a bowl, combine the meats, egg, salt, pepper and bread crumbs until well mixed. With damp hands shape mixture into 24 balls. In a large heavy skillet, heat the olive oil; brown half the meat balls at a time on all sides. In a large kettle, put in the plum tomatoes, tomato paste,

water, stewed tomatoes, oregano, sugar, salt and pepper; blend well. Add the browned meat balls. Bring to a boil; turn heat very low. Partially cover, stirring occasionally. Simmer 2 hours or longer.

SAUCY WINTER CASSEROLE

Helen Anderson

1/2 lb. bacon, diced
1/2 c. chopped onion
4 tsp. Worcestershire sauce
1 c. Karo all-purpose syrup (blue label)
3/4 tsp. salt
1/4 tsp. paprika
1/3 c. lemon juice
3/4 c. water
1 1/2 c. chili sauce
1 lb. frankfurters
1 Tbsp. cornstarch
2 Tbsp. water
Cooked macaroni or ziti

Combine bacon and onion in skillet, fry until bacon is crisp and onion is soft. Drain excess fat. Stir in Worcestershire sauce, syrup, salt, paprika, lemon juice, water and chili sauce. Bring to boil. Reduce heat; cover, simmer 10 minutes. Blend cornstarch with water, stir into sauce, stir and boil 1 minute. Add franks that have been sauteed, either whole or sliced. Serve on macaroni or ziti. Makes 5-6 servings.

ALPINE GOULASH

Emmy Weissman

2 1/2 lb. round steak, cubed
3 Tbsp. shortening
3 c. chopped onions
1 clove garlic, minced
1 (8 oz.) can tomato sauce
2 Tbsp. brown sugar
1 tsp. caraway seeds
1 tsp. dill seed
1 tsp. Worcestershire sauce
1/4 tsp. pepper
1 Tbsp. paprika
1/2 pt. sour cream (optional)
1 1/2 tsp. salt

Brown meat in shortening. Add remaining ingredients (except sour cream). Cook for 2 1/2 hours on low flame. Add 1/2 pint sour cream just before serving. Serves 4.

HUNGARIAN GOULASH — Alice Isojoki

3 lb. beef chuck, cut as for stew
1 pkg. instant beef bouillon
4 large onions, sliced
2 tsp. paprika (Hungarian style)
Oil or margarine to brown meat
Salt to taste

Brown meat. Remove meat and brown onions in the same pan. Combine meat with onions and cover with water and bouillon. Then add the paprika. Cover. Bring to a boil and then simmer until meat is tender, approximately 1 1/2 hours. SErve with noodles and vegetable. Add water if necessary.

JANSSON'S TEMPTATION (Frestelse) — Vasa Friend

4 medium baking potatoes, peeled and sliced thin
3/4 c. minced onion
Butter
Pepper
1 (3 1/4 oz.) can Swedish anchovy fillets, drained and cut in pieces
1 c. each heavy cream and milk, scalded

In shallow 1 1/2 quart baking dish put 1/2 the potatoes and onion, dot with butter and dash of pepper and 1/2 of anchovy fillets. Repeat layers. Carefully pour in hot cream and milk. Dot with butter. Bake at 375° for 45-60 minutes until liquid has cooked into potatoes.

JANSSON'S TEMPTATION — Inger Wright

14-18 fillets of Swedish anchovies
1-2 yellow onions (100 gr, 3 1/2 oz.)
Approx. 6 raw potatoes (500 gr, 1 lb.)
2 Tbsp. juice from anchovies
1 - 1 1/3 c. cream (half & half or heavy) (2-3 DL)
Butter or margarine

Slice and saute the onion. Peel the potatoes, and cut in narrow strips. Layer potatoes, anchovies and onion in a greased ovenproof dish. Make sure the top layer is potatoes. Pour on the juice from the anchovies and the cream. The cream should reach the top layer, but not cover it. Bake at 375°-400° F. for 45-60 minutes, until potatoes are soft and the casserole is light brown on top. (4 servings)

DILL-MARINATED SALMON

Margaret Gustavsson

3 lb. very fresh salmon steaks, cleaned and boned
1 bunch of fresh dill
1/4 c. coarse salt, such as kosher or sea salt
1/4 c. granulated sugar
2 Tbsp. freshly crushed pepper, preferably white

Place a few pieces of the fish, skin side down, in a deep bowl, preferrably of glass or stainless steeel (not aluminum). Place clean dill on the fish, and then sprinkle over the salt, sugar and pepper. Top with other pieces of salmon, with the skin outside. These "sandwiches" should be covered with plastic wrap, and then weighted down (with heavy pots or clean bricks or cans of food). Refrigerate for 2 or 3 days, turning fish every 12 hours, basting with whatever liquid has accumulated from the salt-pepper marinade. When fish has completely marinated, wipe dry and slice thinly. Serve as an appetizer, garnished with lemon and a mustard sauce made with hot mustard thinned with lemon juice.

SALMON CASSEROLE (Lox Lada)

Alice Isojoki

8 large potatoes, peeled and sliced thin
1/2 lb. lox
1 large chopped onion
1 qt. milk
2 eggs

In a buttered casserole layer sliced potatoes, lox and onions. Repeat layers. Pour milk and eggs beaten together over all. Dot with butter. Bake at 350° for 1 1/2 hours.

SALMON LOAF

Terry Larson

1 large can salmon
4 eggs
4 Tbsp. melted butter
1 small c. cracker crumbs
1/2 c. milk

Chop salmon fine and remove any bones. Add butter. Mix with crumbs and eggs. Add milk. Put in well-buttered mold. Steam 1 hour at 350°. Serve with white sauce mixed with hard-cooked eggs. Tuna may be used in place of salmon or mixture of both.

Note: This is good sliced cold with mayonnaise.

SALMON-DILL MOUSSE

A Vasa Member

1 (7 3/4 oz.) can red or pink salmon, drained and flaked
1 Tbsp. minced onion
1/2 tsp. dill weed
1 (3 oz.) lemon jello
1 c. boiling water
1/2 c. cold water
1 Tbsp. lemon juice
3/4 c. mayonnaise

Combine 1 can salmon, drained and flaked, onion and dill weed. Set aside. Dissolve 1 package lemon jello in 1 cup boiling water. Add 1/2 cup cold water and 1 tablespoon lemon juice. Beat in 3/4 cup mayonnaise. Pour into shallow pan and freeze 15 to 20 minutes or until firm (about 1 inch from edge but soft in center). Spoon mixture into bowl and beat until fluffy. Fold in salmon mixture. Pour into 3 1/2 cup ring mold. Chill until firm.

CRAB CASSEROLE

Florence Olson

7 oz. flaked crabmeat
1 can shrimp
1 c. soft day old bread crumbs
1 c. mayonnaise
3/4 c. milk
6 hard-cooked eggs, grated
1/3 c. chopped onions
1/4 c. chopped stuffed olives
3/4 tsp. salt
Dash of pepper
1/2 c. buttered bread cubes

Mix all ingredients together, except buttered bread cubes. Place mixture in well-greased casserole (1 or 1 1/2 quarts). Top with buttered bread cubes. Bake at 350° for about 30 minutes, covered. Then unover and bake about 10 minutes or until cubes are brown. Enjoy!

CAPT. ANDY'S ALASKA CRAB QUICHE

Boel Brost

1 (6 oz.) pkg. Alaska King crabmeat
1 (9 inch) pie shell
4 eggs
1 c. heavy cream
1/2 tsp. salt
1 (4 oz.) can sliced mushrooms, drained
Dash of pepper
Dash of nutmeg
3 tsp. sherry

Thaw and drain crab. Beat together the eggs, cream, and seasonings. Place mushrooms and crab in bottom of pie shell. Add egg mixture and bake at 375° F. for 35-40 minutes or until center is firm.

SPAGHETTI A LA KING CRAB — Margaret Gustavsson

2 (7 1/2 oz.) cans Alaskan King crab or 1 lb. frozen Alaskan King crab
2 Tbsp. olive oil
1/2 c. butter
4 cloves of garlic, minced
1/2 c. chopped parsley
2 Tbsp. lemon juice
1/2 tsp. Italian seasoning
1/2 tsp. salt
1 lb. spaghetti
Parmesan croutons
1 bunch green onions, sliced

Drain canned crab and slice or defrost, drain and slice frozen crab. Heat oil and butter. Add garlic and saute gently, add crab, green onions, tomatoes, parsley, lemon juice, Italian seasoning and salt. Heat gently 8-10 minutes. Meanwhile cook spaghetti in boiling salted water just until tender. Drain spaghetti. Toss with King Crab mixture and Parmesan Croutons. Pass additional Parmesan cheese. Serves 6.

Parmesan Croutons: Place 3 tablespoons butter in shallow baking pan. Place in 350° oven until butter melts. Slice French bread into small cubes to make about 1 cup. Toss with melted butter and return to oven until golden (about 6 minutes). Sprinkle with 2 tablespoons grated Parmesan cheese and toss.

CRABMEAT CURRY CASSEROLE — Helen Anderson

1 1/4 c. long grain rice
1 c. asparagus soup
1 c. crabmeat
1 3/4 Tbsp. butter
1 1/4 tsp. curry
3 egg whites
4 1/2 Tbsp. mayonnaise

Cook rice according to directions on package. Put in a greased form. Pour in asparagus soup. Mix crabmeat with butter and curry and place on top of soup. Whip egg-whites hard. Mix very carefully with mayonnaise and spread on top. Bake at 350° for 10-15 minutes.

SEAFOOD CASSEROLE — Dagney Beck

1 can cream of mushroom soup, diluted with 1/2 c. of milk
1 pkg. cooked shrimp
1 pkg. scallops
2 Tbsp. parsley
2 tsp. onion salt
1 tsp. pepper

2 tsp. celery salt
1/2 tsp. thyme
1/2 - 2/3 c. Parmesan cheese
Small can chopped mushrooms

Combine all ingredients together. Sprinkle bread crumbs on top and dot with butter. Bake at 350° F. till bread crumbs are brown for 20-30 minutes. Serves 4 adults.

SHRIMP STUFFED FILET OF SOLE — Lilly Stockman

1/2 c. finely chopped onion
1/2 c. finely chopped green pepper
3 c. precooked shrimp
1 c. mayonnaise
Pinch of cayenne pepper
1 c. crushed potato chips
2 cloves mashed garlic
1 1/2 c. finely chopped celery
1/2 c. chopped mushrooms
2 c. water
1/2 lb. melted butter
Pinch of paprika (sweet)
2 Tbsp. minced parsley
16 filets of sole

Combine celery, onion, green pepper, mushrooms and shrimp in large saucepan with 2 cups water. Bring to a boil and simmer for 2 minutes and drain. Put shrimp mixture in large bowl and combine with mayonnaise, potato chips, cayenne pepper, garlic and parsley. Blend together. In large baking pan which has been coated with a little melted butter place 8 of the filets. Spread shrimp stuffing on all 8 filets equally and cover with another filet. Pour the remaining melted butter over all 8 stuffed filets and sprinkle with the paprika. In a 350° preheated oven bake for 20-25 minutes.

SHRIMP TEMPURA — Irene Buonomo

3 c. Bisquick baking mix
1 1/2 c. water
2 eggs
1/2 lb. shelled and deveined fresh shrimp
1/2 lb. sole fillet, cut into 1 1/2 inch pieces
1/2 lb. mushrooms, cut in halves
2 carrots, cut in strips
1 green pepper, cut into strips
1 c. pared eggplant strips
1 c. parsley sprigs
Sauce

Heat vegetable oil (1 inch) in frying pan at 350°. Beat baking mix, water and eggs with hand mixer. Pat shrimp, sole and vegetables dry with paper towel and dip into batter. Fry several pieces at a time in hot oil. Drain on paper

towel. Serve with sauce and shredded radishes.

Sauce: Mix 1/4 cup soy sauce, 1/4 cup white wine vinegar and 1 tablespoon finely chopped green onion.

SHRIMP AND CAULIFLOWER

Vasa Member

1 (10 oz.) pkg. frozen cauliflower
1 (10 oz.) pkg. frozen green peas
1/4 c. milk
1 (10 oz.) can condensed cream of shrimp soup
1/4 tsp. salt
1/8 tsp. pepper
2 c. cleaned cooked shrimp

Cook cauliflower and peas in 1/2 to 1 inch boiling salted water just until tender, 3 to 5 minutes; drain. In saucepan, heat milk, soup, salt and pepper over low heat, stirring constantly. Stir in cauliflower, peas and shrimp; heat through. If you wish, garnish with toasted almonds.

SHRIMP NEWBURGH

Irene Buonomo

8 frozen patty shells
2 (10 oz.) cans frozen cream of shrimp soup
1 c. milk
2 c. cooked shrimp
1 (1 lb.) can peas, drained
1/4 c. sherry
1 (4 oz.) pkg. shredded sharp Cheddar cheese

Bake patty shells according to package directions. Combine soup and milk; heat. Add shrimp and peas and continue to heat, stirring, till just simmering. Cook slowly, about 5 minutes. Stir in the sherry and half the cheese (sprinkle remaining cheese in baked patty shells). To serve, spoon sauce into patty shells.

SHRIMP NOODLE NEWBURGH

Anita Olson

2 c. condensed cream of shrimp soup
1 (6 oz.) cans (2/3 c.) evaporated milk
1 c. (4 oz.) shredded natural cheese
2/3 c. mayonnaise
1/2 c. dry sherry
1/2 tsp. salt
3 (5 oz.) cans shrimp, drained
8 oz. medium noodles (about 6 c. cooked, drained)

In medium saucepan, combine soups and evaporated milk; heat to boiling, stirring occasionally. Add cheese, salt, mayonnaise. Stir till cheese melts. Blend in sherry, shrimp and noodles. Turn into 3 quart greased casserole. Bake covered in 350° F. oven for 25 minutes. Makes 10-12 servings.

SHRIMP OVER RICE

Lily Stockman

1 1/2 lb. raw shrimp, shelled
1/2 c. butter
1 Tbsp. lime juice
1/4 tsp. salt
1/8 tsp. freshly ground black pepper
1 tsp. minced fresh parsley for garnish

Wash shelled shrimp and pat dry. In a large shallow skillet or chafing dish melt the butter. Add shrimp and cook, turning often, until lightly browned, usually 10 minutes. With slotted spoon remove shrimp to a warm platter. Add lime juice, salt and pepper to butter in skillet; heat thoroughly and pour over the shrimp. Serve with toast points or hot rice.

EGGS FOO YOUNG

Vasa Member

1 Tbsp. salad oil
1 medium green pepper, chopped
1 medium onion, chopped
1 c. cleaned, cooked shrimp, chopped
1 c. bean sprouts, rinsed and drained
1 (8 oz.) can water chestnuts, drained and sliced
2 to 3 Tbsp. soy sauce
5 eggs
1 Tbsp. salad oil
Hot Soy Sauce (below)

In skillet, heat 1 tablespoon salad oil; cook and stir green pepper and onion until tender. Stir in shrimp, bean sprouts, water chestnuts and soy sauce. Heat through; remove from heat. In bowl, beat eggs until thick and lemon colored; stir in shrimp, bean sprouts, and water chestnut mixture. In skillet, heat 1 tablespoon salad oil; pour egg mixture into hot skillet from ladle or cup to form patties about 5 inches in diameter. When patties are set and brown, turn to brown other side. Serve warm with Hot Soy Sauce.

Hot Soy Sauce: Heat 2 cups beef bouillon to boiling.

Blend 2 tablespoons cornstarch and 1/4 cup cold water and stir with bouillon. Cook, stirring constantly until mixture thickens and boils. Boil and stir 1 minute.

SUNDAY FISH

Inger Wright

Use 2 packages frozen cod or other fish.

Broth:

1 Tbsp. salt
1 tsp. vinegar
1 1/2 - 2 c. water or white wine
1/2 bunch parsley
1/2 bunch dill
1 slice of onion
1 bay leaf

Sauce:

4 Tbsp. margarine
6 Tbsp. flour
1 1/2 - 2 c. fish broth and cream

Filling:

1 small can mushrooms
1 small can asparagus
3 1/2 oz. can small shrimp

All cans drained.

Boil the fish in the broth. When done, put the fish in an ovenproof dish or pan and place the shrimp, mushrooms and asparagus on top. Make the sauce and pour over the fish. (4 servings)

This dish can be made ahead of time, and reheated in the oven.

PUFF OF FRIED SOLE

Terry Larson

1 to 1 1/4 lb. sole or flounder fillet
2 eggs, separated
2 Tbsp. flour
1 tsp. salt
1/2 c. olive oil or vegetable oil (more if needed)

Cut fish into serving pieces about 4x3 inches. In a mixing bowl, beat egg yolks until thick. Stir in flour and salt. Beat the egg whites until stiff and fold them into egg yolk mixture. In 10 or 12 inch skillet, heat oil until bubbles form around edge. Dip each piece of fish into batter,

covering completely. Place in hot oil. Cook, turning once, until golden on both sides. Serve with lemon wedges or a sauce. (3 or 4 servings)

CODFISH CASSEROLE (3-4 servings) Helen Anderson

2 (16 oz.) frozen cod fillets, thawed
1/2 tsp. salt and 1/4 tsp. pepper
1 large tomato, peeled and chopped
2 scallions or green onions, thinly sliced
1 Tbsp. sherry
1/4 c. melted butter
1 Tbsp. lemon juice
2 Tbsp. chopped fresh parsley

Grease 1 1/2 quart baking dish. Arrange fish fillets in bottom of dish. Sprinkle fish with salt and pepper. Arrange tomato and scallions on top of fish. In small bowl, mix sherry, butter, lemon juice together and pour over fresh fish. Bake uncovered 25-30 minutes or until fish is lightly browned and can easily be flaked. Sprinkle with chopped parsley. Spoon sauce over fish when served. Bake at 350° F. for 25-30 minutes.

TUNA CHEESE PUFF Miriam Emerson

12 slices bread, crust removed
6 slices American cheese
2 cans white meat tuna, drained
3 eggs
2 c. milk
1 tsp. salt
1/2 tsp. pepper

Place 6 slices of bread across bottom of buttered shallow pan. Cover each with a slice of cheese. Cover cheese with tuna and top with remaining slices of bread. Cut each sandwich in half diagonally. Beat eggs slightly with milk, salt and pepper. Pour over sandwiches. Chill 2 hours. Bake 30 minutes at 350° F. until puffy. Serve immediately.

BAKED FISH WITH TOMATOES Margaret Gustavsson

1 (3 to 4 lb.) stripped bass or blue fish
1 lemon
Salt and pepper
2 medium onions, sliced thin
1/2 c. oil

6 fresh tomatoes, cut in halves or quarters
1/2 c. Chablis or other white wine
1/2 c. chopped parsley
4 cloves of garlic, minced finely
1 Tbsp. chopped fresh basil or 1 tsp. dried basil

Clean and scale fish and rinse under cold water. Pat dry with paper towel. Rub inside and out with lemon juice. Season with salt and pepper in and out. Arrange sliced onions in bottom of baking dish and place fish on top, arranging tomatoes around fish. Pour oil over fish and tomatoes, pour wine over fish. Sprinkle everything with parsley, garlic and basil. Bake in preheated 375° oven about 50 minutes or until wine is bubbling and fish is done.

TURKEY AND WILD RICE

Doris Fahlberg

1 1/2 c. wild rice (Uncle Ben's)
4 c. water
1 tsp. salt
1 lb. bulk pork sausage
13 oz. can mushrooms, undrained
2 cans undiluted cream of mushroom soup
1 tsp. Worcestershire sauce
3 c. cubed, turkey or chicken, cooked
1 1/2 c. bread crumbs
1/4 c. melted butter

Cook rice according to directions on box. Brown sausage, drain off fat. Stir in all other ingredients. Mix with cooked rice. Put in casserole. Melt butter and add crumbs on top. Bake 30 minutes in 375° oven. Freezes well.

STUFFED CHICKEN BREASTS

Doris Fahlberg

4 chicken cutlets
1 pkg. Pepperidge Farm stuffing
Paprika
Butter
1 c. orange juice
1 jar Saucy Susan
Minced onion

Cut cutlets in halves lengthwise. Stuff with dressing (2 cups dressing mixed with 2/3 cup water, 6 tablespoons butter, optional mushrooms, onions, apples, etc.). Secure with toothpicks. Sprinkle with minced onion, paprika and dot with butter. Bake 40 minutes at 350°. Boil 1 cup juice and less than 1 cup of Saucy Susan. Pour over chicken and bake 1/2 hour more.

CRANBERRY GLAZED CHICKEN — Muriel Corriston

2 lb. chicken, cut up
1 (7 oz.) can cranberry sauce
Salt and pepper
1 1/2 Tbsp. lemon juice
1/4 c. butter
2 Tbsp. soy sauce

Heat oven to 425°. Wash chicken, dry, salt and pepper it. Put chicken, skin side down in baking dish. In saucepan mix cranberry sauce, soy sauce, lemon juice and butter and melt. Pour over chicken. Bake for 30 minutes, turn, bake another 20 minutes or until done.

FISCHER'S CHICKEN — Joan Fischer

3 chicken breasts, sliced to 6 cutlets
2 eggs, beaten
Italian bread crumbs
12 oz. fresh mushrooms, cleaned and sliced
2 onions, quartered
1/4 tsp. paprika
Soy sauce
Worcestershire sauce
White wine

Saute chicken breasts in butter or margarine. Dip in eggs and then bread crumbs. Saute mushrooms and onions in butter. Add 1/4 teaspoon paprika, 1/4 teaspoon garlic salt. Season to taste with soy sauce, Worcestershire sauce and white wine. Add 2 cans chicken broth, simmer and thicken with flour. Place chicken in 2-quart casserole and pour sauce over. Bake 1 hour at 350°.

CHICKEN A LA VERRACUSANO — Inger Wright

2 lb. cut-up chicken
1/2 c. lemon juice
1/2 c. water
2 Tbsp. flour
16 oz. undrained tomatoes, stewed or whole
2 onions, sliced
2 cloves minced garlic
1 green pepper, sliced
4 black olives, sliced thin
2 Tbsp. olive juice
1 bay leaf
1 tsp. chili powder
Pinch of cinnamon

Marinate chicken in lemon juice and water 30 minutes or longer. Drain chicken, shake with flour in plastic bag. Put chicken, skin side up in oiled roasting pan. Bake uncovered 20-25 minutes at 400°. Drain fat. Mash tomatoes and rest of ingredients. Spoon over and around chicken. Bake

25-30 minutes at 300°. Baste once in awhile until chicken is done and sauce thick. Add water if needed. Remove bay leaf. Serve.

YOGURT CHICKEN

Miriam Emerson

1 fryer or broiler
1 c. bread crumbs
1 c. yogurt (plain)

Cut up chicken. Dip pieces into yogurt first then bread crumbs. Place on greased cookie sheet. Bake for 1 hour at 400° F.

CHICKEN KIEV

Lily Stockman

1/2 c. butter or margarine, very soft but not melted
2 Tbsp. finely chopped parsley
1 clove garlic, mashed
1/8 tsp. cayenne pepper
4 whole chicken breasts, boned
1/2 c. flour
2 eggs, slightly beaten
1/2 c. fine dry bread crumbs
Vegetable oil for frying
2 Tbsp. lemon juice

Mix the 1/2 cup soft butter, parsley, garlic and cayenne pepper. Gradually add lemon juice, beating well to blend. Chill until firm enough to shape. Measure out 1 tablespoon of butter mixture and shape into a cube. Divide remainder into quarters and shape each into an elongated roll about 2 1/2 inches long. Refrigearate all shapes overnight or place in a freezer for about 1 hour. Flatten chicken breasts with a meat mallet to a thickness of about 1/8 inch. Place a roll of butter on each breast and roll up, tucking in edges to thoroughly seal in the butter. Secure loose edge with toothpick. Roll breasts in flour to coat thoroughly, then coat with beaten eggs. Finally roll in bread crumbs to cover all sides. Heat 3 to 4 inches of vegetable oil in a deep saucepan over medium high heat (350° F.) or to a temperature of 350° F. on fry temperature. Fry breasts then until dark brown, 8-10 minutes. Remove toothpicks and arrange on warm platter. Cut chilled butter cube into 4 slices and place on each roll. Serves 4. Garnish with parsley and lemon wedges.

PINEAPPLE CHICKEN

Margaret Gustavsson

2 chicken breasts
2 Tbsp. flour
1 tsp. salt
1/4 tsp. pepper
1 (No. 2) can pineapple chunks
3 Tbsp. oil
2 Tbsp. soy sauce
1 Tbsp. cornstarch
1 tsp. vinegar

Remove the skin and bones of the chicken and cut in 1 inch strips. Toss with a mixture of the flour, salt, and pepper. Drain the pineapple, reserving 1/2 cup juice. Heat the oil in a skillet; saute the chicken 5 minutes. Add the pineapple; cover and cook over low heat 5 minutes. Mix together the soy sauce, cornstarch, vinegar and reserved pineapple juice. Stir into the pan until thickened. Serves 4-6.

PEKING FRIED CHICKEN

Margaret Gustavsson

1 (3 1/2 lb.) fryer
4 Tbsp. soy sauce
4 Tbsp. oil
1 tsp. salt
1/4 tsp. pepper
Fat for deep frying
1 c. chicken broth
1 Tbsp. sherry
3 chopped scallions
2 sliced stalks celery
1 Tbsp. cornstarch
1/4 c. cold water

Have the butcher chop the unboned chicken into 2-inch pieces. Mix together 2 tablespoons sauce, 2 tablespoons oil, salt and pepper; rub into the chicken. Heat the fat to 370° and fry the chicken in it until browned. Drain. In a deep skillet, combine the remaining oil and soy sauce, the broth, sherry, scallions and celery. Bring to a boil and add the chicken. Cover and cook over low heat 15 minutes. Arrange the chicken on a heated serving dish and keep it warm. Mix together the cornstarch and water; stir into the pan juices and cook over low heat until thickened. Pour over the chicken. Serves 4-6.

CRISP CHICKEN

Margaret Gustavsson

5 lb. roasting chicken
3 c. water
1/2 c. soy sauce
1/4 c. cider vinegar
1/2 c. honey
2 Tbsp. cognac
4 Tbsp. flour

1 Tbsp. salt

Fat for deep frying

Clean the chicken but leave it whole. Bring the water to a boil and place the chicken it it; cover and cook over medium heat 45 minutes. Remove chicken and plunge into cold water. Drain and dry. Mix together the soy sauce, vinegar, honey and cognac; brush chicken with the mixture. Let stand 20 minutes, brush again. Mix together the flour and salt and sprinkle on the chicken. Let stand 20 minutes. Heat the fat to 370° and fry the chicken in it until browned on all sides. Cut up in small pieces and serve with whole scallions. Serves 6-8.

CHICKEN WITH ORANGE TASTE

Inger Wright

2 lb. chicken
2 Tbsp. margarine
2 tsp. salt
6 whole cloves
2 Tbsp. tomato paste
1 orange
1 c. chicken broth
1 can cut green beans

Cut up the chicken in even pieces. Brown them. Add salt, chicken broth, tomato paste and cloves. Let the chicken simmer on low heat about 1/2 - 3/4 hour or until the chicken feels tender. Add the drained green beans. Cut the orange in slices (leave the peel on). Put the orange slices on top of the chicken, and simmer a few minutes. Sprinkle parsley on top and serve from the pot with potatoes. (Serves 4.)

KALVRULADER (Parsley-Stuffed Veal Rolls)

T. Larson

2 lb. thin veal cutlets
1 1/2 tsp. salt
1/2 tsp. white pepper
1/2 c. butter or margarine
1 c. snipped parsley
2 medium carrots, cut in 1 inch chunks
2 medium onions, diced
1 can condensed beef bouillon, undiluted
1 Tbsp. all-purpose flour
3/4 c. light cream
1/8 tsp. white pepper
2 tsp. granulated sugar

Flatten veal to 1/4 inch thickness. Cut into serving pieces. Sprinkle both sides with salt and 1/2 teaspoon pepper. Melt 1/4 cup butter, saute onions, add parsley. Spread some on each piece of veal; roll up, tie well with string; refrigerate. About 1 3/4 hours before serving: In

1/4 cup butter melted in Dutch oven saute carrots and veal rolls until meat is well browned. Add water to bouillon to make 2 cups liquid; add to meat and vegetables; simmer, covered 1 hour or until meat is fork tender. Remove veal rolls, remove string. Arrange on platter.

For gravy: With form mash vegetables in liquid in Dutch oven. Into flour gradually stir cream, then stir briskly into Dutch oven. Add 1/8 teaspoon pepper and sugar. Cook, stirring until just heated. Strain and serve with veal rolls. Makes 6 servings.

VEAL BIRDS

Lee-Ann Manngard

2 lb. thinly sliced veal cutlet
2 c. cooked rice
4 Tbsp. butter or margarine
4 Tbsp. chopped parsley
4 Tbsp. chopped onion
2 (11 oz.) cans condensed tomato rice soup
1/2 c. water
Oregano to taste (optional)
4 Tbsp. shortening

Pound veal with meat hammer. Cut into serving pieces large enough to fill and roll. Combine rice, butter, and parsley; place a small amount on each piece of veal; roll and fasten with toothpicks or skewers. Brown veal birds in shortening along with onions; pour off excess drippings. Combine remaining ingredients and pour over meat. Cover and cook over low heat for 45 minutes. Spoon sauce over meat occasionally. If desired, thin sauce with small amount of water before serving. Serves 6-8 people. Half this recipe serves 4.

SWEDISH PORK CHOPS

Lily Stockman

8 slices bread, broken into small pieces
2 c. peeled, sliced apples
1/2 c. sliced onion
Salt and pepper to taste
6 pork chops

Place bread in well-greased dish. Cover bread with layers of apples; add layer of onion. Place seasoned chops over bread and onion mixture. Bake covered at 325° to 350° for 45 minutes. Uncover and continue baking until brown.

KROPPKAKOR (Potato Dumpling with Pork)

Maud Linstrom

2 lb. potatoes
1 egg yolk
1/2 c. flour
1 tsp. salt

Filling:

1/2 lb. salt side pork
4 Tbsp. chopped onion
To every quart water: 1 tsp. salt

Wash, peel and boil potatoes in slightly salted water until almost done. Drain and put through potato ricer. When cold, mix with egg yolk and flour. Season. Cube pork, fry in skillet and remove to platter. Saute onions in fat until golden brown and mix with meat. Put potato mixture on floured board, make long roll and cut into 10 sections. Make hole in each and fill with meat, then close and shape into round dumplings. Drop into salted boiling water and cook 15 minutes. Serve immediately with melted butter.

PORK CHOP DISH

Doris Fahlberg

1 qt. milk
1 can mushroom soup
1 c. rice
1 pkg. Lipton onion soup
6 pork chops

Pour first 3 ingredients in greased 9x13 inch pan. Place pork chops on top. Sprinkle 1 package Lipton onion soup over. Bake at 350° about 1 1/2 hours.

PORK CHOP SCALLOP

Terry Larson

8-9 potatoes
2 onions, sliced
2 large carrots, sliced
Salt and pepper
4 pork chops
Thin cream sauce

Peel and slice potatoes, onions and carrots. Cook slightly and drain. In casserole dish layer potatoes, onions and carrots, ending with potatoes. Make cream sauce and pour over potato mixture. Brown pork chops and place on top of potato mixture. Bake in medium oven until potato mixture is tender. Cover while baking, approximately 30 to 45 minutes.

HAM CASSEROLE

Lily Stockman

1 can of asparagus stalks
Enough ham slices for stalks
Heavy white sauce
Bread crumbs
Grated Cheddar cheese

Roll slices of ham around asparagus stalks. One slice for each stalk. Place in buttered Pyrex casserole dish. Lay flat. Make a cream sauce thick. Add grated Cheddar cheese. Pour over. Take bread crumbs and add melted butter and sprinkle on top. Bake until bubbles at 350° F.

HAM ASPARAGUS CASSEROLE

Doris Fahlberg

1 c. cooked cubed ham
1 can cream of mushroom soup
1/4 c milk
4 hard-cooked eggs, sliced
3/4 c. yellow cheese, grated
1 (10 oz.) pkg. frozen asparagus
1 1/2 c. buttered crumbs

Blend milk and soup in a bowl. Add ham, eggs and cheese. Stir until blended. Place in buttered casserole and arrange the asparagus on top. Cover with bread crumbs. Bake uncovered in 375° oven for 45 minutes.

QUICHE LORRAINE

Terry Larson

9-inch pie shell
1/2 lb. crisp bacon, chopped
1 medium onion, thinly sliced
1/2 lb. paper thin slices ham
1/2 lb. paper thin slices Swiss cheese
4 eggs
1/2 tsp. dry mustard
1 1/2 c. light cream
Nutmeg

Bake pie crust at 450° for 10 minutes (almost done). Shred ham and cheese. Fry bacon, dry and crumble. Sprinkle bacon and sauteed onion on bottom of pie crust after baked 10 minutes. Divide ham and cheese into 4 portions each. Start with layer of ham, then cheese. End with layer of cheese on top. Mix eggs and mustard with fork (do not beat). Add hot cream and continue mixing. Pour gently over ham and cheese. Let stand 10 minutes. Sprinkle with nutmeg and bake at 350° until custard is

set (45 minutes). Remove from oven and wait 5 minutes before cutting.

FLASKPANNKAKA (Oven Pancake with Pork or Ham)
T. Larson

3/4 c. sifted flour
1/4 tsp. salt
1 tsp. sugar
2 eggs
2 c. milk
1/2 lb. ham, bacon or salt pork, cut fine

Sift flour, sugar and salt. Beat in eggs and gradually add milk. Mix until blended. Cook meat in skillet that you intend to use for pancake. Cook meat until a bit crisp. Drain fat. Pour batter over meat and bake in oven at 425° until set and lightly browned about 15-20 minutes. May be cooked on top of stove turning once. Fold and cut into portions. Serve with lingonberries. (4 servings)

DREAM HAM (Dromskinka) Marie Lewerentz

6 leeks
8 thick slices of cooked ham
4 tomatoes
2 oz. heavy cream (1 DL)
2 oz. mayonnaise (1 DL)
5 Tbsp. grated cheese
1 Tbsp. mustard

Rinse the leek. Part them in middle and parboil in salted water. Let drain. Roll slice of ham around each leek. Place them in greased baking dish. Place tomato wedges between ham rolls. Whip heavy cream, mix with mayonnaise, mustard and grated cheese. Pour over ham rolls. Bake at 375° F. for 20 minutes. Serve with potatoes and dill. Approximately 4 servings.

LAMB WITH CABBAGE Vasa Star

4 lb. lamb (inexpensive cuts will do)
1 medium sized cabbage
1 c. diced celery
1 1/2 tsp. salt (less if you use bouillon)
1/3 c. flour
Boiling water or bouillon
1 Tbsp. black peppercorns tied in cheesecloth

Trim meat of excess fat. Cut in 2-4 inch pieces. Core

and cut cabbage into 1-inch wedges. Dice celery. In heavy saucepan or Dutch oven place a layer of meat with fatty side down. Top with cabbage and sprinkle with some of celery, salt and flour. Repeat. There should be at least 3 layers of meat and vegetables. Add bouillon or water to cover lamb and cabbage halfway. Add peppercorns. Cover tightly and bring to slow boil. Check occasionally; if necessary add more liquid. Cook over low heat until meat is tender, 1 1/2 to 2 1/2 hours. Remove peppercorns and serve with boiled potatoes.

Note: For richer dish stir in 1/2 cup sour cream before serving.

LAMB SHANKS WITH CABBAGE — Jean Grignon

Lamb shanks
Salt
Pepper
Garlic
Medium head of cabbage
Kitchen Bouquet

Place lamb shanks (use own judgment on number) in Dutch oven or Corning Ware dish. Add couple tablespoons of water and cover. Cook until brown. Remove shanks from dish and drain off excess fat. Mix little water and Kitchen Bouquet with scrapings in dish. Cut up cabbage and lay in bottom of pan. Place lamb shanks on top of cabbage. Season with garlic, salt and pepper. Cook either covered or uncovered until lamb shanks are fork tender.

SHERRY GLAZED RIBS — Inger Wright

3-4 lb. spareribs or country style ribs
1/4 c. firmly packed brown sugar
1 Tbsp. cornstarch
3 Tbsp. soy sauce
1/4 c. sherry
1/4 c. orange juice

Cut ribs into serving pieces. Arrange in shallow baking pan. Combine remaining ingredients, pour over ribs. Bake at 350° covered 1 hour, turning occasionally. Uncover and bake 1/2 - 1 hour or until done, turning occasionally. Skim off excess fat before serving. (4-5 servings)

BAKED RIBS AND SAUERKRAUT

Inger Wright

3 lb. spareribs or country sytle ribs
4 c. (1 lb. 12 oz. or 1 qt) undrained sauerkraut
2 tart apples, peeled and chopped
1 small onion, chopped
1/4 c. water
2 Tbsp. brown sugar

Cut ribs into serving pieces. Brown ribs, drain fat. Salt and pepper to taste. In 13x9 inch pan, combine sauerkraut, apples, onion, water and sugar. Arrange ribs on top. Bake, uncovered at 350° for 1 1/2 - 2 hours, or until ribs are tender, stirring occasionally. Serve with potatoes. (5-6 servings)

SPARERIBS CANTONESE

Margaret Gustavsson

4 lb. pork spareribs, cut in serving pieces
1 c. orange marmalade
1/2 c. soy sauce
1/2 tsp. ground ginger
1/2 tsp. garlic powder
Dash of pepper
3/4 c. water

Place ribs, meaty side down, in shallow roasting pan. Roast at 450° for 30 minutes. Remove meat from oven; drain excess fat from ribs. Turn ribs meaty side up. Lower temperature to 350° and continue roasting for 1 hour. Pour Orange Sauce over ribs; roast 30 minutes longer or till tender, basting ribs occasionally with the sauce. Serve with fluffy rice and buttered Chinese pea pods, if desired. Serves 6. To make Orange Sauce, combine the rest of ingredients.

CHINESE FRIED RICE

Lily Stockman

1 1/3 c. water
1 1/3 c. Minute Rice
3 Tbsp. butter or margarine
1 egg, beaten
1/3 c. chopped onion
2-3 Tbsp. soy sauce

Bring 1 cup of the water to a boil in a saucepan. Stir in rice. Remove from heat; cover and let stand 5 minutes. Meanwhile cook egg in butter in a skillet until set. Add onion and the rice and cook and stir over medium heat until rice and onion are lightly browned, about 5 minutes.

Combine remaining water and the soy sauce; stir into rice. Makes about 3 cups or 4 servings.

FINNISH MACARONI

Alice Isojoki

1 lb. elbow macarni
1 qt. milk
1 stick cinnamon
Sugar and pat of butter

In large pot, combine all ingredients. Cook over medium heat, adding more milk as needed. Sweeten to taste and add pat of butter. Serve with meat balls.

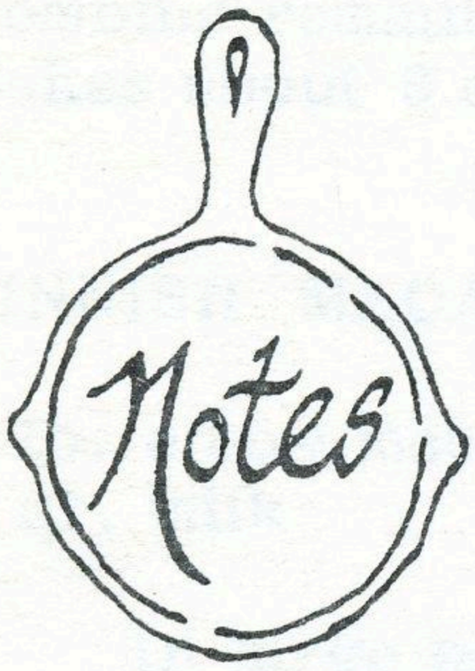
FRIED RICE

Margaret Gustavsson

1/4 tsp. sugar
1/2 tsp. Accent
2 eggs, beaten
1/4 c. peanut oil
1 Tbsp. soy sauce
1/2 tsp. salt or to season
3 c. cold cooked rice
1/2 c. chicken meat, diced
2 stalks green onion, diced
1/2 c. fresh or frozen green peas
1/2 c. baby shrimp or shrimp cut into small pieces
1 c. strip bacon, diced or barbecue pork or ham

Pour oil into saucepan or fry pan, heat and saute meats with onion; add rice. Stir and fry thoroughly. Add sugar, soy sauce. Then pour slowly the beaten eggs with salt over the rice so that they will coat it but not settle in lumps. Stir for 3 minutes. Pour remaining ingredients, peas and green onions. Heat thoroughly. Serve hot. Garnish with remaining green onion (optional). Other types of meat may be used, such as beef, veal, crabmeat or lobster.

Notes


Notes

BREAD ROLLS PASTRY

COOKING SUGGESTIONS

To toast coconut for cakes, put in pie pan and place in moderate oven. Stir often from edges, to brown evenly.

* * * * *

Flour should be sifted once before measuring. Fill the cup without packing.

* * * * *

Do not grease the sides of cake pans, grease only the bottoms.

* * * * *

When beating egg whites do not tap beater on bowl of egg whites. The jarring of beater will cause the whites to lose a great deal of their fluffiness. The beater should be tapped on the hand to clear off the whites.

* * * * *

Rub the bottom of the soup cup with a sliced whole garlic to accent the flavor of Navy Bean Soup.

* * * * *

Eggs should be at least three days old before using in cakes.

* * * * *

SLOW OVEN . . . . . 250 to 325 degrees
MODERATE OVEN. . . . 350 to 375 degrees
HOT OVEN . . . . . 400 to 450 degrees
VERY HOT OVEN . . . . 450 to 500 degrees

* * * * *

When making cake icing or candy consisting of milk or cream and sugar, add one teaspoon of ordinary table syrup for each cup of sugar used. Boil in the usual way. Your finished product will be much smoother and not so apt to become sugary.

PRESERVED CHILDREN

Take 1 large field, half a dozen children, 2 or 3 small dogs, a pinch of brook and some pebbles. Mix the children and dogs well together; put them on the field, stirring constantly. Pour the brook over the pebbles; sprinkle the field with flowers; spread over all a deep blue sky and bake in the sun. When brown, set away to cool in the bathtub.

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LIMPA (Sweet Rye Bread)

A Vasa Member

1 1/2 c. warm water
2 pkg. yeast
1/4 c. molasses
1/3 c. sugar
1 Tbsp. salt
2 Tbsp. soft shortening
Finely grated rind of 1 or 2 oranges
2 1/2 c. rye flour
2 1/2 to 3 c. white flour

In large bowl, dissolve yeast in water. Stir in molasses, shortening, sugar, salt and rind. Mix in rye flour until smooth. Add enough remaining flour to handle easily. Turn onto slightly floured board. Cover, let rest 10-15 minutes in warm place until double (1-2 hours). Punch down. Turn over, cover and let rise 45 minutes. Shape into 2 loaves. Place on greased baking sheet sprinkled with corn meal. Cover, let rise 1 hour. Bake at 375° for 30-35 minutes.

KNACKEBROD

Marie Lewerentz

2 1/4 c. whole wheat flour
1 c. buttermilk
1 tsp. salt
1 tsp. baking soda
1/4 c. melted butter or margarine

Put 1 1/2 cups of the flour in a bowl, add remaining ingredients and stir to make a smooth dough. With spoon or hands work in as much of remaining flour as needed to make a stiff dough. Turn out dough onto a well-floured board and knead a few seconds. Divide dough into 6 pieces. Heat oven to 350°. Roll out 1 piece of the dough to a paper-thin circle 12 inches in diameter. Wrap it over the rolling pin and lift onto a greased baking sheet. Cut circle almost through into 8 to 10 wedges. Bake 15 to 20 minutes until browned, being careful not to let bread burn. Remove to wire rack to cool. Repeat with remaining dough. Store in an airtight container at room temperature for not more than 24 hours. Makes six 12-inch flat breads.

GRAHAM BREAD

Doris Fahlberg

2 eggs
1 c. sour cream
1 c. buttermilk
1 heping tsp. baking soda
1 tsp. salt
1/2 c. sugar
1 c. white flour
1 c. graham flour

Beat the eggs. Pour in sour cream, buttermilk and baking soda. Beat well. Add salt, sugar, white flour and graham flour. Mix well. Bake in greased loaf pan at 375° for 3/4 to 1 hour.

RYE BREAD

T. Larson

3 c. water (or beer)
1/3 c. shortening
1 c. molasses
1 Tbsp. salt
1 Tbsp. caraway
6 c. rye flour
2 yeast cakes
3 c. white flour

Make the liquid lukewarm. Add shortening (bacon fat if you happen to have it) and let it melt. Add molasses, salt and condiments. Dissolve the yeast in couple tablespoons water or sugar. Add couple cups of rye flour to liquid mixture, add yeast. Stir in rest of rye flour. Pour out on board and work in white flour. The dough will seem solid. Keep on kneading until smooth and no longer adheres to the board. Place in greased bowl. Cover and double in bulk (1-2 hours). Make deep crisscross with knife to cut down and leave to double again. Turn on board. Divide in 3 parts. Knead each loaf enough to make it even. Place in greased tin and cover. Double again. Bake 50-60 minutes at 350°. Makes 3 loaves.

SWEET POTATO NUT BREAD

Miriam Emerson

1/2 c. soft margarine
1/2 c. vegetable shortening
2 2/3 c. sugar
4 eggs
2 c. cold mashed sweet potatoes
3 1/2 c. sifted flour
1 tsp. salt
1 tsp. cinnamon
1 1/2 tsp. nutmeg
2 tsp. baking soda
1 c. chopped walnuts
2/3 c. cold strong coffee

Cream butter, shortening and sugar. Add eggs one at a time. Mix well after each addition. Blend in sweet

potatoes. Sift dry ingredients. Add nuts. Stir into creamed mixture alternately with cold coffee. Pour batter into 2 greased 9x3x5 inch loaf pans and 8 greased muffin pan cups. Bake at 375° for 1 hour for loaves and 25 minutes for muffins. Cool 10 minutes. Remove from pan. Cool. Makes 2 loaves and 8 muffins.

ZUCCHINI BREAD

Miriam Emerson

2 c. sifted flour
2 tsp. baking soda
1 tsp. salt
1/4 tsp. baking powder
3 tsp. cinnamon
1 c. vegetable oil
1 1/2 c. sugar
2 medium zucchini, grated (2 c.)
2 tsp. vanilla
1 c. raisins
1 c. chopped walnuts

Sift flour, baking soda, salt, baking powder and cinnamon onto waxed paper. Combine eggs, oil, sugar, zucchini and vanilla in large mixing bowl. Beat until well mixed. Stir in the flour mixture. Stir in raisins and nuts. Grease pan, 13x9x2 inches. Bake at 350° for 40 minutes.

OLD FASHIONED WALNUT BREAD

Miriam Emerson

3 c. sifted all-purpose flour
1 c. sugar
4 tsp. baking powder
2 tsp. salt
1/4 c. shortening, melted
1 1/2 c. milk
1 tsp. vanilla
1 1/2 c. chopped walnuts
1 egg, slightly beaten

Resift flour with sugar, baking powder and salt. Add egg, shortening, milk and vanilla. Stir just until all of flour is moistened. Stir in walnuts. Pour into a greased 9x5x3 inch loaf pan. Bake at 350° about 1 hour and 20 minutes or until done.

CRANBERRY NUT BREAD

Karen Haggquist

1 c. cranberries, coarsely ground
1 1/4 c. sugar
3 c. flour
4 1/2 tsp. baking powder
1 tsp. salt
3 Tbsp. grated orange rind
1 c. milk
3 Tbsp. melted butter
1 egg
1/2 c. chopped walnuts or pecans

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Mix the cranberries with 1/4 cup sugar and set aside. Sift 1 cup sugar with flour, baking powder and salt. Add grated orange rind. Blend in the milk and butter, the slightly beaten egg and nuts. Fold in the cranberries and pour into a greased 9 x 5 x 2 3/4 inch loaf pan. Bake in moderate oven, 350° for 1 hour. Turn out and cool on rack. Wrap in aluminum foil to store. This bread will be easier to slice the second day. Yield 1 loaf.

CRANBERRY FRUIT NUT BREAD — Miriam Emerson

2 c. all-purpose sifted flour
1 c. sugar
1 1/2 tsp. baking powder
1/2 tsp. baking soda
1 tsp. salt
1/4 c. shortening or margarine
3/4 c. orange juice or double strength Tang
1 Tbsp. grated orange rind
1 egg, well beaten
1/2 c. chopped nuts (optional)
2 c. fresh or frozen cranberries, chopped

Sift together dry ingredients, cut in shortening till mixture resembles coarse corn meal. Mix orange juice, grated orange rind with egg. Pour all at once into dry ingredients, mixing just enough to dampen. Carefully fold in nuts and cranberries. Use 9x5x3 inch greased loaf pan. Spread corners and sides higher than middle. Bake at 350° F. about 1 hour until crust is golden brown and tooth-pick inserted comes out clean. Remove from pan. Store overnight for easy slicing.

IRISH SODA BREAD — Miriam Emerson

3 c. flour
1 tsp. salt
1/2 c. sugar
3 tsp. baking powder
Pinch of baking soda
1/4 lb. soft butter
1 Tbsp. caraway seed
3/4 c. raisins
3/4 c. golden raisins
2 eggs
1 1/4 c. sour cream

Sift together into large bowl: Flour, salt, sugar, baking powder, baking soda. Work in the soft butter until a crumb mixture is formed. Beat the eggs until light. Stir the raisins and seeds into crumb mixture, then add eggs and sour cream. This will be a thick batter. Grease a large 8-inch round or square cast iron frying pan. Turn batter

into pan and bake at 350° for about 50 minutes or until bread is nicely browned and tests done.

CHRISTINA'S BANANA BREAD — Margaret Gustavsson

1/4 c. butter
2/3 c. honey
3 eggs
1 c. mashed banana pulp (3 small bananas)
1/3 c. water
1 tsp. vanilla
1 tsp. salt
2 tsp. baking powder
1 tsp. baking soda
2 c. whole wheat flour
Raisins or walnuts (optional)
1/3 c. milk powder

Cream butter and honey until light, beat in eggs, banana pulp and vanilla. Stir together dry ingredients, stir into first mixture, blending with as few strokes as possible. Stir in 1 cup walnuts or 1/2 cup and 1 cup raisins, if desired. Pour batter in oiled loaf pan, bake 1 hour at 325° or until browned and toothpick comes out clean.

BUTTER DIPS (Bread Sticks) — Miriam Emerson

1/3 c. margarine
2 1/4 c. flour
1 Tbsp. sugar
3 1/2 tsp. baking powder
1 1/2 tsp. salt
1 c. milk

Melt margarine in oblong pan (13x9x2 inches). Sift dry ingredients. Add milk, stir with fork. Knead on floured board about 10 times. Roll into rectangle 12x8 inches. Cut lengthwise. Then crosswise into 16 strips. Dip in pan with melted margarine and lay close together. Bake 15-20 minutes at 450° F. Bread sticks can be dipped in cinnamon, sugar, onion, garlic salt or seeds before baking.

BRAN MUFFINS — Muriel Corriston

1/4 c. oil
1 egg
1/4 c. molassses
1/4 c. honey
1 c. Miller's Bran
1 c. flour
2 tsp. baking powder
Milk to moisten, about 1/4 to 1/2 c.

In large mixing bowl blend oil with egg. Add molasses and honey, blending after each addition. Add bran, flour

and baking powder. Mix lightly. Add enough milk to make batter easy to mix. Spoon into muffin tin. Bake at 400° for about 12 to 15 minutes. Makes 1 dozen.

(Vary recipe by adding: 1 cup raisins, nutmeats or chopped fresh apple, blueberries, or well drained canned cranberries, whole.)

CREAM CHEESE TARTS

Doris Fahlberg

Graham cracker crumbs
Extra small muffin paper cups
1 lb. cream cheese
3/4 c. sugar
2 eggs
1 tsp. vanilla
Cherry or blueberry pie filling

Blend cream cheese, sugar, eggs and vanilla until smooth. Put a little crumbs in muffin paper cups. Fill 3/4 full with cream cheese mixture. Bake at 375° for 10-12 minutes or more till brown and puffy. When ready to serve top with cherry or blueberry pie filling.

MORMOR'S COCONUT PIE

Margaret Gustavsson

2 c. milk
3/4 c. sugar
1/2 c. Biscuit mix
4 eggs
1/4 c. butter
1 1/2 tsp. vanilla

Combine milk, sugar, biscuit mix, eggs, butter and vanilla in blender. Blend on low speed for 3 minutes. Pour into a 9-inch greased pie pan. Let stand 5 minutes then sprinkle with 1/2 c. coconut. Bake in 350° oven for 40 minutes.

STRAWBERRY MARSHMALLOW PIE

Ida Frodelius

24 marshmallows
1/2 c. milk
1/2 pt. heavy cream
Strawberries
Pie crust

Heat in double boiler until marshmallows melt. When cool beat 1/2 pint heavy cream and fold in. Cover top with whole and halved strawberries. Glaze with currant jelly by melting jelly and then cooling. Cover over strawberries.

PEACHES AND CREAM PIE

Doris Fahlberg

7 or 8 fresh peaches
2/3 c. sugar
4 Tbsp. flour
1 c. heavy cream
1/2 tsp. cinnamon
1 unbaked pie shell

Place sliced peaches in a nice arrangement in unbaked pie shell. Combine all other ingredients. Pour over peaches. Bake 35 to 45 minutes at 400°.

COCONUT CUSTARD PIE

Doris Fahlberg

1 single pie shell
4 eggs, slightly beaten
1/4 tsp. salt
1 tsp. vanilla
1/2 c. sugar
3 c. milk
1 can coconut or fresh coconut

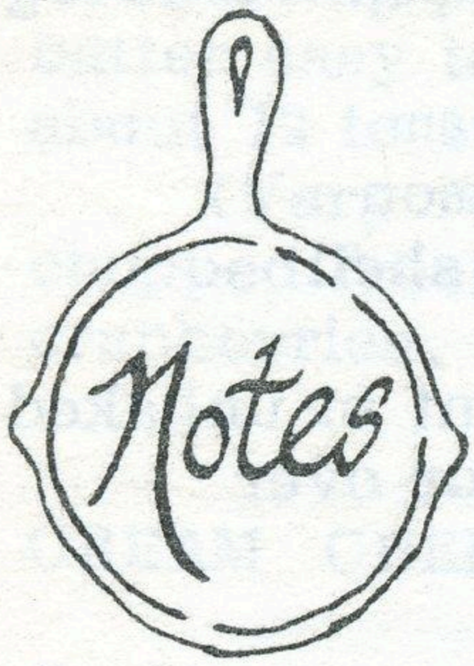
Combine all ingredients. Pour in pie shell and bake until custard sets. Bake at 425° for 30 minutes.

SWEET POTATO PIE

Irene Buonomo

1 lb. sweet potatoes
3/4 c. packed brown sugar
1 tsp. ground cinnamon
1 tsp. ground nutmeg
3 eggs
1 3/4 c. milk
1 stick of butter
1 unbaked 9-inch pastry shell

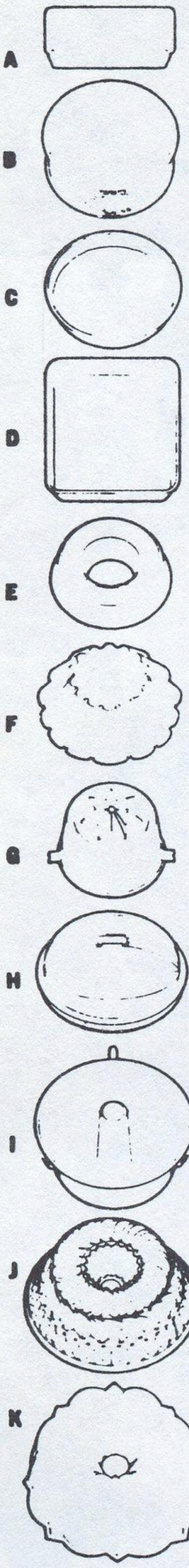
Cook fresh potatoes, covered in boiling water till tender, about 30 minutes. Peel and mash. Measure 1 1/2 cups of potatoes, and to that add sugar, cinnamon, nutmeg and 1/2 teaspoon salt. With a hand mixer add eggs, milk and butter. Spoon into pastry shell and bake in 400° oven till knife inserted just off center comes out clean, about 45 to 50 minutes.


Notes

CAKES COOKIES DESSERTS

HANDY CHART OF KITCHEN MATH
(Size of Pans and Baking Dishes)

Cooking need never become a crisis, when you use our handy charts. Need a 4 or 6-cup baking dish? Will your fancy mold be the right size for the recipe? See below for the answers.



COMMON KITCHEN PANS TO USE AS CASSEROLES WHEN THE RECIPE CALLS FOR:

4-cup baking dish:
- 9-inch pie plate
- 8x1¼-inch layer cake pan—**C**
- 7 3/8 x 3 5/8 x 2¼-inch loaf pan—**A**

6-cup baking dish:
- 8 or 9x1½-inch layer cake pan—**C**
- 10-inch pie plate
- 8½ x 3 5/8 x 2 5/8 inch loaf pan—**A**

8-cup baking dish:
- 8x8x2-inch square pan—**D**
- 11x7x1½-inch baking pan
- 9x5x3-inch loaf pan—**A**

10-cup baking dish:
- 9x9x2-inch square pan—**D**
- 11¾x7½x1¾-inch baking pan
- 15x10x1-inch jelly-roll pan

12-cup baking dish and over:

13½x8½x2-inch glass baking pan	12 cups
13x9x2-inch metal baking pan	15 cups
14x10½x2½-inch roasting pan	19 cups

TOTAL VOLUME OF VARIOUS SPECIAL BAKING PANS

Tube Pans:

7½x3-inch "Bundt" tube pan—**K**	6 cups
9x3½-inch fancy tube or "Bundt" pan **J** or **K**	9 cups
9x3½-inch angel cake pan—**I**	12 cups
10x3¾-inch "Bundt" or "Crownburst" pan—**K**	12 cups
9x3½-inch fancy tube mold—**J**	12 cups
10x4-inch fancy tube mold (Kugelhupf)—**J**	16 cups
10x4-inch angel cake pan—**I**	18 cups

Melon Mold:

7x5½x4-inch mold—**H**	6 cups

Spring-Form Pans:

8x3-inch pan—**B**	12 cups
9x3-inch pan—**B**	16 cups

Ring Molds:

8½x2¼-inch mold—**E**	4½ cups
9¼x2¾-inch mold—**E**	8 cups

Charlotte Mold:

6x4¼-inch mold—**G**	7½ cups

Brioche Pan:

9½x3¼-inch pan—**F**	8 cups

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SWEDISH PRETZELS (Kringlor)

Ida Frodelius

1/2 lb. butter
1/2 c. sugar
1 tsp. almond extract
2 c. flour
1 egg
A little grated orange rind

Work ingredients to a smooth dough, roll on board and form into pretzels; sugar top with pearl sugar. Bake in 350° oven until golden brown.

MERINGUE COOKIES

Lee-Ann Manngard

4 egg whites
1 c. granulated sugar
1/4 tsp. cream of tartar
1 tsp. vanilla

Preheat oven to 275°. Grease cookie sheet thoroughly. Beat egg whites until foamy. Continue to beat, adding cream of tartar, until they stand in soft peaks when the beater is removed. Add sugar, about 2 tablespoons at a time, beating until meringue is thick and glossy. Stir in vanilla. If desired, mix chocolate chips in with a spoon. Drop in rounded teaspoons onto cookie sheet. Bake 40-45 minutes or until surface is crusty. Do not let brown.

TRADITIONAL CHINESE ALMOND COOKIES

Margaret Gustavsson

2 3/4 c. sifted all-purpose flour
1 c. granulated sugar
1/2 tsp. soda
1/2 tsp. salt
1 c. butter, margarine or lard
1 slightly beaten egg
1 tsp. almond extract
1/3 c. whole almonds

Sift flour, sugar, soda and salt together into bowl. Cut in butter till mixture resembles corn meal. Add egg and almond extract; mix well. Shape dough into 1-inch balls and place 2 inches apart on ungreased cookie sheet. Place an almond on top each cookie and press down to flatten slightly. Bake in slow oven (325°) for 15-18 minutes. Cool on rack. Yield: 4 1/2 dozen.

CHINESE ALMOND COOKIES

Margaret Gustavsson

1/2 c. whole natural almonds
1 c. sifted all-purpose flour
1/2 tsp. baking powder
1/2 c. butter or margarine
1/3 c. sugar
1/2 tsp. almond extract
1 Tbsp. gin, vodka, or water
1/4 tsp. salt

Reserve 36 whole almonds; finely chop or grind remainder. Sift flour with baking powder and salt. Thoroughly cream butter with sugar. Stir in all remaining ingredients except whole almonds. Form dough into 36 balls. Place on greased cookie sheets. Press a whole almond into center of each ball. Bake at 350° for 20 minutes or until lightly browned. Yields: 3 dozen.

COCONUT COOKIES

Inger Wright

3 large eggs
2 c. sugar (4.5 DL)
10 1/2 oz. coconut flakes (300 gr.)
2 Tbsp. butter or margarine, melted

Beat eggs and sugar white and fluffy. Add the coconut and melted margarine. Let stand a few minutes. Spoon out with teaspoons on greased cookie sheets. Bake at 350° F. until cookies are golden yellow.

COCONUT MACAROONS

A Vasa Member

2 egg whites
1/8 tsp. each salt and cream of tartar
3/4 c. sugar
1/2 tsp. vanilla
1/2 tsp. almond extract
3 1/2 oz. flaked coconut
Candied fruit

Beat 2 egg whites until foamy. Add 1/8 teaspoon each salt and cream of tartar and beat until soft peaks. Gradually add 3/4 cup sugar, beating until stiff. Fold in 1/2 teaspoon each vanilla and almond extracts and 3 1/2 ounces flaked coconut. Drop from teaspoon on foil covered sheet. Top with piece of candied fruit. Bake in slow oven, 300° for 20 minutes. Makes 30 cookies.

CARL'S FAVORITE OATMEAL COOKIES Miriam Emerson

3/4 c. shortening
1 c. brown sugar, packed firmly
1/2 c. granulated sugar
1/4 c. water
1 tsp. vanilla
3 c. quick oats, uncooked
1 c. flour
1 tsp. salt
1/2 tsp. soda
1 tsp. cinnamon
1 egg

Cream together shortening, and sugars. Add egg, water and vanilla. Beat until creamy. Add remaining ingredients. Mix well. Drop by teaspoonfuls onto greased cookie sheet. Bake at 350° for 12-15 minutes.

HAVREFLARN (Oatmeal Cookies) A Vasa Member

1/2 c. butter or margarine
3/4 c sugar
1 egg, beaten
1 c. quick cooking oats
1 Tbsp. flour
1 tsp. baking powder

Cream butter and sugar. Add egg and oats. Mix flour and baking powder and add to other ingredients. Drop by teaspoon onto greased cookie sheet 2 inches apart. Bake at 375° for 10 minutes. While stiff hot remove from pan and quickly shape over rolling pin. Makes 2 1/2 dozen.

FINNISH VIIPURI TWIST Irene Buonomo

5 1/2 to 5 3/4 c. flour
2 pkg. active dry yeast
1/2 tsp. ground cardamon
1/2 tsp. ground nutmeg
2 c. milk
3/4 c. sugar
1/4 c. butter
1 tsp. salt
2 eggs
1 Tbsp. water

Combine 2 1/2 cups of the flour, yeast, cardamon, and nutmeg. In saucepan heat together milk, sugar, butter and salt just till warm, stirring constantly. Add to dry mixture; add 1 egg. Beat at low speed with electric mixer for 1/2 minute, scraping bowl constantly. Beat 3 minutes at high speed. By hand, beat in enough of the remaining flour to make a moderately stiff dough. Knead on lightly floured surface till smooth and elastic, 3 to 5 minutes. Place in greased bowl; turn once to grease. Cover and let rise in a warm place 1 to 1 1/2 hours. Punch down. Divide into

thirds; let rest 10 minutes. On lightly floured surface, shape 1/3 of dough into a rope at least 36 inches long. Form dough rope into circle leaving each end extended 6 inches at bottom. Holding ends of dough rope toward center of circle, twist together twice. Press ends together and tuck under center of top of circle, forming a pretzel shaped roll. Place on greased baking sheet and let rise 45 minutes. Bake at 375° till done about 20 minutes. Beat remaining eggs with water and brush egg mixture on hot bread.

SWEDISH DREAM COOKIES — Margaret Gustavsson

1/2 c. butter
1/2 c. Spry
1 c. sugar
2 c. flour
1 cube or tsp. ammonia carbonate (hjortron salt) bought in drug store
1 c. shredded coconut

Mix butter and sugar well. Add flour mixed with ammonia carbonate, and then your coconut. Form round balls in palm of hand. Make them small because they expand quite a bit. Bake in moderate oven until coconut turns light golden color.

MOLASSES RUM BALLS — Miriam Emerson

1 c. fine dry cookie or cake crumbs
1 c. sifted confectioners sugar
2 Tbsp. cocoa
1 c. chopped nuts
2 Tbsp. molasses
1/4 c. rum or brandy

Mix first 4 ingredients. Add molasses and rum or bandy. Mix well. Shape into balls (nut size) with hands dusted with confectioners sugar. Roll balls in confectioners sugar. Chill until ready to serve. Makes 30 balls.

POLKA DATERS COOKIES — Terry Larson

1 1/4 c. chopped dates (one 8-ounce pkg.)
1 c. hot water
1 c. butter
1 1/4 c. sugar
2 eggs
1 3/4 c. sifted flour
1 1/2 tsp. baking soda
1/2 c. chocolate morsels
1/2 c. chopped nuts

Mix 1 1/4 cups chopped dates and 1 cup hot water.

Cool. Beat until creamy 1 cup soft butter, 1 1/4 cups sugar and 2 eggs. Sift and stir in gradually 1 3/4 cups sifted flour and 1 1/2 teaspoons baking soda. Stir in date mixture, 1 teaspoon vanilla and 1/2 of 6-ounce package chocolate morsels (1/2 cup) and 1/2 cup chopped nuts. Bake in 350° oven about 30 minutes. Cool. Makes approximately 30 bars.

PEANUT BUTTER BLOSSOMS

A Vasa Friend

1 3/4 c. unsifted flour
1 tsp. baking soda
1/2 tsp. salt
1/2 c. sugar
1/2 c. packed light brown sugar
1/2 c. shortening
1/2 c. creamy peanut butter
1 egg
2 Tbsp. milk
1 tsp. vanilla extract
48 chocolate kisses, unwrapped

Stir flour, soda, and salt together. Add all other ingredients except kisses. Mix at medium speed until blended. Chill dough for 30 minutes. Preheat oven to 375°. Make 1 inch balls. Place on ungreased cookie sheet. Bake 12 minutes or until light brown. Remove and place chocolate kiss in center of cookie. Cookies will crack around edge. Makes about 4 dozen.

SNICKERDOODLES

Irene Buonomo

1/2 c. sweet butter
3/4 c. sugar
1 egg yolk
1 2/3 c. flour
1/2 tsp. nutmeg
1 whole egg
1/2 tsp. baking soda
1/2 c. walnuts, chopped
1/2 c. raisins
Cinnamon

Cream butter and sugar. Beat in whole egg and egg yolk. Sift flour and baking soda with 1/2 teaspoon nutmeg. Mix into butter. Fold in nuts and raisins. Drop from a teaspoon 2 inches apart onto a buttered cookie sheet. Sprinkle with sugar and cinnamon. Bake at 375° for 10-12 minutes. Makes 5 dozen.

BUTTER COOKIES

Inger Wright

3/4 lb. sweet butter
1 lb. (4 c.) flour
2 egg yolks
3/4 c. sugar

Mix butter and sugar well. Mix in egg yolks. Stir in the flour. Let stand cold overnight. Roll out. Cut out cookies. Top them with egg white whipped with sugar and coconut or other nuts. Bake in 300° oven about 10 minutes.

COWBOY COOKIES

Margaret Gustavsson

2 c. flour
1 c. Spry
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. baking powder
1 c. granulated sugar
1 c. brown sugar, firmly packed
2 eggs
2 c. rolled oats
1 tsp. vanilla
1 small pkg. semi-sweet chocolate bits

Sift flour, salt, soda and baking powder together and set aside. Blend together sugar and shortening. Add eggs and beat until light and fluffy. Add dry ingredients and mix well. Add oats, vanilla and chocolate bits. Dough will be crumbly. Drop by teaspoonfuls on greased cookie sheet and bake 15 minutes in 350° oven.

HONEY GRAHAM BUTTER CRUNCH COOKIES

Lillian Nilsson

Honey graham crackers
1/2 lb. butter (butter only)
1 c. light brown sugar
1 c. chopped nuts

Line large lipped cookie sheet with foil. Place graham crackers to fill sheet. In saucepan, put 1/2 pound butter and 1 cup brown sugar. Cook slowly until bubbly. Add chopped nuts and blend well. Remove from stove and spoon on crackers. Bake in 325° oven for 10 minutes. Cut in finger length pieces. Cool.

SUGAR COOKIES

Lily Stockman

1 c. butter or margarine
1 1/2 c. sugar
3 eggs
1 tsp. vanilla
3 1/2 c. sifted flour
2 tsp. cream of tartar
1 tsp. soda
1/2 tsp. salt

Cream butter. Add sugar gradually, creaming till light and fluffy. Add eggs, one at a time, beating after each addition. Stir in vanilla. Sift together dry ingredients; add gradually to creamed mixture. Chill 3 to 4 hours. On well-floured surface, roll to 1/8 to 1/4 inch thick. Cut in shapes. Bake on ungreased cooky sheets at 375° for 6 to 8 minutes. Cool slightly on cooky sheet. Remove to rack. Decorate before baking if desired. Makes about 8 dozen.

FARMERS COOKIES

Inger Wright

7 oz. butter or margarine (200 gr)
2 Tbsp. syrup
3/4 c. sugar (1 1/2 DL)
1-2 tsp. vanilla sugar
Approx. 2 oz. almonds (50-75 gr)
Approx. 2 c. flour (5 DL)
1 tsp. baking soda

Stir margarine, sugar, vanilla sugar and syrup until fluffy. Add the chopped almonds, baking soda and flour. Roll the dough to 1 1/2 - 2 inch thick rolls. Let them rest in cold place, until they are hard. Cut them in 1/4 inch thick slices. Bake at 350° F. about 8 minutes. Approximately 100 cookies.

PEPPARKAKOR (Gingersnaps)

Inger Wright

1 1/3 c. sugar
1/2 c. water
1/4 c. syrup (Karo light)
1/2 Tbsp. cinnamon
1/2 tsp. cloves
1/2 Tbsp. ground ginger
7 oz. margarine, softened
2 tsp. baking soda
4 c. flour (approx.)

Let sugar, water, syrup and spices come to a boil. Take off heat and let cool about 1 minute. Add margarine little by little and stir briskly. Add the flour and baking soda. Work the dough together fast. Wrap up in foil or plastic. Let it sit in refrigerator till next day. Roll out dough paper thin. Bake on greased cookie sheet at

375°-400° about 5-10 minutes. Baking time depends on how thin dough was rolled out.

PEPPARKAKOR (Swedish Gingersnaps) A Vasa Member

1 1/2 c. flour
1 tsp. baking soda
1 1/2 tsp. ginger
1 tsp. cinnamon
1/4 tsp. cloves
1/2 c. butter
3/4 c. sugar
1 egg
1 1/2 tsp. dark corn syrup

Sift together and set aside all dry ingredients. Cream until softened 1/2 cup butter, gradually add 3/4 cup sugar and 1 egg (well beaten) and 1 1/2 teaspoons dark corn syrup. Blend in dry ingredients in fourths, mixing thoroughly after each addition. Chill several hours or overnight. Place on lightly floured surface. Roll out thinly. Cut with lightly floured cookie cutters. Bake at 375° for 6-8 minutes. Makes 7 dozen cookies.

KRINGLES Miriam Emerson

1 pkg. yeast dissolved in 1/4 c. lukewarm water
1/2 lb. butter or margarine
4 c. sifted flour
3/4 c. heavy cream
1 egg yolk, beaten with 2 Tbsp. water
1/3 c. sugar
1 tsp. cardamon

Cut butter into the flour and cardamon to consistency of corn meal. Combine yeast and cream; stir into flour mixture. Shape into 3 balls. Roll out on a floured board into rectangle 7x11 inches. Brush with mixed egg yolk, water and sugar. With sharp knife cut into strips 7 x 1/4 inch. Shape each into a figure 8 or pretzel. Place on greased baking sheets. Let stand at room temperature 30 minutes. Bake in 400° oven for 8 minutes.

THE BARONESSES TEMPTATION Inger Wright

7 oz. (200 gr.) butter
10 1/2 oz.(300 gr.) flour
1 Tbsp. fresh yeast
1/2 Tbsp. sugar
3/4 c. (2 dl.) heavy cream
Egg white
Pearl sugar

Chop butter and flour fine together. First add yeast and sugar, then the cream. Work the dough as little as possible. Roll the dough out to a 1/4 inch thick cake. Cut out round cookies. Brush them carefully with egg white and sprinkle with pearl sugar. Bake in a 375° oven until cookies have a light golden color.

KRUMKAKER

Alice Isojoki

4 eggs
3/4 c. sugar
1 c. melted butter
1 c. cream
1 to 2 c. flour
Cardamon or vanilla or lemon extract for flavoring

Beat eggs with sugar for about 15 minutes. Add cooled melted butter and cream (whipped) and flour and flavoring. Use Krumkaker iron. Add cold water if batter gets too thick. Serve with whipped cream, lingon or berries.

SANDKAKOR

A Vasa Member

1 1/4 c. butter
3/4 c. sugar
1 egg, beaten
1 tsp. almond extract
1/2 c. ground almonds
2 1/2 c. flour

Cream butter and sugar. Add remaining ingredients. Chill. Press pieces of dough thinly into greased small fancy forms or tiny muffin pans. Bake at 350° for 12-15 minutes. Remove while still warm. Fill with whipped cream or fruit. Makes 3 dozen tarts.

BROWNIES

Miriam Emerson

1 (4 oz.) pkg. regular chocolate pudding mix
1 3/4 c. milk
1 (1 layer size) pkg. chocolate cake mix
1 (6 oz.) pkg. (1 c.) semi-sweet chocolate pieces
1/2 c. chopped walnuts

Prepare pudding mix according to package directions except use the 1 3/4 cups milk instead of the amount called for on the package. Remove from heat. Add cake mix, chocolate pieces and nuts; mix well. Turn into a greased

and floured 12x7x2 inch baking dish. Bake in 350° oven for 30-35 minutes. Cool. Makes 2 dozen bars.

MERINGUE SQUARES

Anita Olson

1/2 c. butter
1 tsp. vanilla
3 Tbsp. milk (or cream)
1 c. flour
Pinch of salt
1/2 c. sugar
4 egg yolks
1 1/4 tsp. baking powder

Topping:

4 egg whites
1/2 tsp. vanilla
3/4 c. sugar

Cream butter, sugar, add yolks and other ingredients. Spread thinly on greased and floured cooky sheet. For topping: Beat egg whites until very stiff, and add 1/2 teaspoon vanilla and 3/4 cup sugar. Spread on cake within 1/2 inch from edge. Sprinkle with chopped nuts and sugar. Bake at 325° F. for 40 minutes. Cut in squares while still warm and loosen from pan.

MAGIC COOKIE BARS

Alice Isojoki

1/2 c. butter or margarine
1 1/2 c. graham cracker crumbs
1 (14 oz.) can condensed milk
1 (6 oz.) pkg. semi-sweet chocolate morsels
1 (3 1/2 oz.) can flaked coconut
1 c. chopped nuts

Preheat oven to 350° F. (325° for glass dish). In 13x9 inch baking pan, melt butter. Sprinkle crumbs over butter; pour sweetened condensed milk evenly over crumbs. Top evenly with remaining ingredients; press down gently. Bake 25-30 minutes or until lightly browned. Cool thoroughly before cutting. Store, loosely covered, at room temperature. Makes 24 bars.

CARAMEL PECAN DREAM BARS

Inger Wright

Base:

1 pkg. Pillsbury Plus yellow cake mix
1/3 c. butter or margarine, softened
1 egg

Filling:

14 oz. can sweetened condensed milk
1 egg
1 tsp. vanilla
1 c. chopped pecans
1/2 c. Heath Bits O'Brickle baking chips (look for in baking supply aisle)

Mix cake mix, egg and margarine in large bowl. Mix at highest speed until crumbly. Press into greased 13x9 inch pan. In small bowl, beat milk, egg and vanilla until blended. Stir in pecans and Bits O'Brickle chips. Pour over base, spread to cover. Bake at 350° for 25-35 minutes or until light golden brown. Center may appear loose, but will set upon cooling. Allow bars to cool completely before cutting. (36 bars) Very good lightly warmed up with vanilla ice cream or whipped cream for dessert.

ANISETTE OR ALMOND TOAST

Inger Wright

2 1/2 c. flour
2 tsp. baking powder
1/4 tsp. salt
1/4 lb. margarine, softened
1 c. sugar
3 eggs
1 Tbsp. anisette or almond flavoring

Mix margarine and sugar. Add eggs one at a time. Mix in flour and baking powder and flavoring. Spread dough in oval shape on 2 greased cookie sheets. Bake at 350° F for 15-20 minutes. Cut on the slant. Turn cookies on side. Bake 10 more minutes.

GRADDSTUTAR (Cream Cones)

A Vasa Member

4 eggs
1 1/4 c. sugar
1 1/4 c. flour
1/2 pt. heavy cream
1 pt. strawberries (fresh or frozen)
1 Tbsp. sugar

Grease cookie sheet. Whip eggs and sugar for 15 minutes. Add flour. Spread batter on baking sheet into round shape. Bake at 350° until golden brown. While warm shape into cones. Let cool. Whip cream and add berries. Fill and serve immediately. Makes 16-18 cones.

STRUVOR (Swedish Rosettes) Margaret Gustavsson

1 c. flour
1 c. milk
1/2 tsp. salt
1 to 3 tsp. sugar
1 egg

Mix ingredients into smooth batter. Heat mold in hot oil to 370°. (Use candy thermometer.) Drain on paper towel. Dip mold into batter but do not let batter come to top of mold so that shell can slide off easily after frying. Dip the batter coated mold into heated shortening. Fry about 45 seconds until delicately brown. Remove by tapping gently. Drain on paper towels. Dust with confectioners sugar.

MARGARET'S FRIED BUTTERFLIES Margaret Gustavsson

1 c. enriched flour
2 eggs
1 c. milk
2 tsp. sugar
1/4 tsp. salt
1 tsp. vanilla
Spry or Crisco oil for frying
Confectioners sugar

Sift and measure flour. Beat eggs until light. Add milk, sugar, salt, vanilla and flour and beat until smooth. Heat fat to 370° (will brown a cube of bread in 1 minute). Heat rosette or butterfly iron in hot fat, then dip iron in butter, being sure no batter runs over top of iron. Hold iron in hot fat about 30 seconds without taking it from fat. Remove rosette from iron, easing it off with a fork. Fry it 5-10 seconds,at the most,to a golden brown. Drain on absorbent paper. Reheat iron and repeat the process until batter is finished. When all are fried and cool, sprinkle with confectioners sugar and store in airtight container. About 3 dozen.

HONEY BALLS

Irene Buonomo

8 c. flour
2 c. sugar
1 c. oil
3 tsp. baking powder
1 tsp. salt
7 eggs
2 tsp. vanilla

Starting with 7 cups of flour, combine all ingredients and use eighth cup of flour to knead dough. Roll dough into small hot dogs and then cut into balls. Using hot oil deep fry the balls until golden. When all the balls are fried add heated honey and confetti. Mix until all balls are covered with honey and confetti.

MAGIC MARSHMALLOW PUFFS

Miriam Emerson

1/4 c. sugar
1 tsp. cinnamon
16 large marshmallows
1/4 c. margarine or butter, melted
2 cans refrigerator crescent dinner rolls
1/2 c. confectioners sugar
1/2 tsp. vanilla
2-3 tsp. milk
1/4 c. chopped nuts, if desired

Combine sugar and cinnamon. Set aside. Separate crescent rolls into 16 triangles. Dip a marshmallow in melted margarine, roll in sugar cinnamon mixture. Wrap a dough triangle around each marshmallow and pinching edges of dough tightly to seal. Dip pinched side in melted margarine and place buttered side down in deep muffin tin. Repeat. Bake in 375° oven for 10-15 minutes. Meanwhile make glaze by combining confectioners sugar and vanilla with enough milk to make it drizzling consistency. Remove from pan and immediately drizzle. Sprinkle nuts on.

APPLESAUCE PUFFS

Miriam Emerson

2 c. biscuit mix
1 tsp. cinnamon
1/4 c. sugar
1/2 c. applesauce
1/4 c. milk
1 egg, beaten
2 Tbsp. oil
1/2 c. sugar
1/2 tsp. cinnamon
4 Tbsp. margarine

Combine biscuit mix, cinnamon and sugar. Add 1/2 cup applesauce, 1/4 cup milk, 1 egg beaten and 2 tablespoons oil.

Mix 30 seconds. Fill muffin tins 2/3 full. Bake at 400° for 12 minutes. Cool slightly. Mix 1/2 cup sugar and 1/2 teaspoon cinnamon. Dip tops in melted margarine, then in sugar, cinnamon mixture.

CREAM PUFFS

Margaret Gustavsson

1 c. boiling water
1 c. flour
1/4 lb. butter or margarine
4 eggs

Filling:

2 lb. container of Ricotta
1/2 c. sugar
Some shredded semi-sweet and milk chocolate

Mix all together and stuff puffs or use any flavored pudding to stuff puffs.

Bring water and butter to rolling boil over high flame; then cut flame to low and add flour when mixture comes away from pot. Remove from heat and cool. After mixture has cooled for a while, place in electric mixer bowl and beat adding eggs one at a time and then beat for a few minutes longer. Preheat oven to 450°. Drop mixture by teaspoon onto lightly greased cookie sheet. Bake 10 minutes and then cut temperature to 375° and bake for 5 minutes more or until puffs are golden.

HEAVENLY COFFEE CAKE

Anita Olson

3/4 c. butter or margarine, softened
1 1/2 c. sugar
3 c. flour (all-purpose)
1 1/2 c. sour cream
3 eggs
1 1/2 tsp. vanilla
1 1/2 tsp. baking powder
1 1/2 tsp. baking soda

Crumb Filling:

3/4 c. dried bread crumbs
1/2 c. flour
1/2 c. butter
1 1/2 tsp. nutmeg
1/3 c. sugar

Beat all the above until well blended and large crumbs form. Stir in 1/2 cup nuts, finely chopped. In a large bowl with mixer at medium speed, beat butter (margarine)

with sugar till light and fluffy. Add flour and remaining ingredients and beat at low speed till blended. Beat at medium speed 3 minutes. Preheat oven to 350° F. Spread 1/3 of batter in pan; sprinkle with 1/3 of Crumb Filling. Repeat layering 2 more times. Bake 55-60 minutes. Cool completely in pan.

FINNISH COFFEE BRAIDS

Susan Gray

1 c. sugar
1 pkg. dry yeast
2 1/2 tsp. salt
10 cardamon seeds, finely ground or 1 tsp. ground cardamon
2 1/4 c. warm water
4 egg yolks
1/2 c. melted butter
2/3 c. non-fat dry milk solids
7 c. flour

Add 1 cup sugar to water, sprinkle dry yeast over this and let stand 10 minutes. Add 2 egg yolks, salt, 1/2 cup melted butter, cardamon and milk. Beat with electric mixer on low speed while adding 3 cups of flour (or beat with rotary beater). Add remaining 4 cups of flour or enough to make a stiff dough, mixing well by hand. Allow to rise until light (1 hour and 15 minutes). Roll out on floured board to 18x12 inch rectangle and cut in nine 12x2 inch strips. Dough will be soft. Using pastry brush, paint each strip with melted butter. On a lightly greased cookie sheet, brian 3 strips in a long (about 12 inch) coffee loaf. Repeat, making 3 loaves. Bake in hot oven, 400° for 10 minutes. Remove from oven,with a pastry brush, quickly paint tops of loaves with 2 egg yolks beaten with 1 teaspoon water. Sprinkle with sugar. Bake in moderate oven, 375° about 15 minutes.

SWEDISH TEA RING

Alice Isojoki

1 pkg. dry yeast
1/2 c. warm water
1 egg
1 Tbsp. granulated sugar
2 1/2 c. Bisquick baking mix
2 Tbsp. soft butter
1/3 c. brown sugar, packed
1/3 c. raisins
2 tsp. cinnamon
Quick Icing

In large mixing bowl, dissolve yeast in warm water. Stir in egg, 1 tablespoon granulated sugar and baking mix. Beat vigorously. Turn dough onto floured surface. Knead

until smooth, about 20 times. Roll into rectangle, 16x9 inches, spread with butter and sprinkle with mixture of 1/3 cup sugar, raisins and cinnamon. Roll up, beginning at wide side. Pinch edge of dough into roll to seal. With seam side down, shape dough into ring on greased baking sheet; pinch ends together. With scissors, make cuts 2/3 of the way through ring at 1-inch intervals. Turn each section on its side. Let rise in warm place (85°) until double, about 1 hour. Heat oven to 375°. Bake 15 minutes or until golden brown. Frost with Quick Icing.

Quick Icing- Mix:

1 c. confectioners sugar
1/2 tsp. vanilla
1 to 2 tsp. warm water

Mix until smooth.

SWEDISH COFFEE BREAD

Angela Carlstrand

5 c. sifted flour
3/4 c. sugar
30 cardamon, ground fine
1 tsp. salt
2 pkg. yeast
1/2 c. milk
1/2 c. warm water
2 eggs, beaten
1/4 lb. butter or margarine

Melt butter in milk. Cool. Mix yeast in 1/2 cup warm water. Mix dry ingredients together in large bowl. Add butter and milk, yeast and eggs. Mix well. Place mixture in warm, large greased bowl. Cover with towel and place in warm place for 45 minutes. Then punch hole in center and turn dough over and let rise until double in bulk. Place dough on floured board and knead 5-10 minutes. Divide into 2 parts. Now divide each half into 3 oblong strips. Braid tucking ends under. Makes 2 loaves. Place on greased cookie sheets. Let rise in warm place covered with towels about 1 hour. Light oven to 375°, then brush loaves with egg yolk mixed with 3 drops water. Sprinkle with chopped nuts and Swedish crystal sugar. Bake 15-20 minutes.

KENNY'S APPLE CRUMB CAKE

Margaret Gustavsson

1 c. sugar
1/4 lb. margarine
1/2 tsp. vanilla
Dash of salt
2 eggs
2 c. sifted flour

3/4 c. milk
3 tsp. baking powder

1 can Comstock pie sliced apples

Crumb Topping:

1 c. sugar
1 c. flour

1/4 c. margarine
3-4 tsp. cinnamon

Beat together the sugar, margarine, vanilla, salt and eggs. Add flour, baking powder and milk. Pour into large greased dish (17 x 11 1/2 x 2 1/4 inches). Drain 1 can Comstock pie sliced apples and spread apples over top of batter. Mix the crumb topping by hand until it forms crumbs (it will be dry and rather powdery). Sprinkle over top of cake. Bake at 325° for 45-50 minutes. After cake cools, sprinkle with confectioners sugar.

CRUMB CAKE — M. Emerson

2 c. flour
2 tsp. baking powder
1/2 tsp. salt
1 c. sugar

2 Tbsp. Crisco
1 egg
Enough milk to equal 1 c. with egg

Crumbs:

1 c. flour
1 c. sugar

1 tsp. salt
1/2 c. Crisco
1 tsp. or more cinnamon

Combine first 4 ingredients and then add Crisco with pastry blender. Put 1 egg in cup and add milk to fill cup and add to above mixture. Place mixture in greased oblong pan or 2 round pans. Mix crumb ingredients together by hand until crumbs form into lumps. Drop through the fingers into large lumps on top of cake. Bake at 375° until cake rises and is brown.

CHOCOLATE MOUSSE CAKE SARONNA — Boel Brost

6 oz. semi-sweet real chocolate morsels
18 whole blanched almonds
1/2 c. Amaretto liqueur
2 env. unflavored gelatin

1/4 c. water
4 egg yolks
1/3 c. sugar
2 c. milk
4 egg whites, stiffly beaten

2 c. heavy cream, whipped

2 (3 oz. each) pkg. lady-fingers, split

Melt chocolate morsels in a bowl over hot water until melted. Dip bottom half of almonds into chocolate and put on waxed paper to chill until firm. Gradually stir Amaretto into melted chocolate and set aside. In a saucepan, combine gelatin and water to soften. Stir in egg yolks, sugar and milk. Stir over low heat until mixture thickens slightly and coats a metal spoon. Stir in chocolate mixture and chill until it mounds. Fold in egg whites. Remove 1 cup of the whipped cream and set aside for decorating top. Fold remaining cream into chocolate mixture. Chill. Line the bottom and sides of an ungreased 9-inch spring form pan with split ladyfingers. Pour chocolate mixture in and chill until firm. Remove sides and pipe rosettes of reserved cream around outer edge of cake. Press a chocolate almond into each rosette. Chill until ready to serve.

TOSCA CAKE

Maj-Britt Wesley

2 eggs
1 c. sugar
1/2 c. warm water
1/8 lb. sweet butter, melted and cooled
1 tsp. vanilla
1 1/2 tsp. baking powder

Glazing:

1/8 lb. sweet butter
1/3 c. blanched and slivered almonds
3 Tbsp. sugar
1 Tbsp. flour
2 1/4 tsp. heavy cream

Beat eggs and sugar until fluffy. Add vanilla and butter-water, then add flour with baking powder. Grease 9 x 1 1/2 inch round baking pan, coat with butter and bread crumbs, add batter and bake in 400° oven for 30 minutes. While cake is baking: Blanch and cut into thin slivers (or buy ready slivered) almonds. Put into small saucepan together with rest of glazing ingredients and set aside until last couple of minutes of cake's baking time, then stir, mix on medium heat until butter melts. Remove cake from oven and quickly spread glazing on cake to within 1/2 inch from edge, turn oven to "broil" and put cake back into oven (middle shelf). Let glazing turn golden brown, remove from oven and let cool 5 minutes. Loosen edges with knife, turn it over and then turn it over again onto rack.

TOSCA TORTA

Anita Petersson

1/4 lb. butter, melted
3 eggs
1 c. sugar
1 c. plus 4 tsp. flour, unsifted
2 tsp. baking powder
2/3 c. half & half

Topping:

1/4 lb. butter
3/4 c. slivered almonds
1/4 c. sugar
1 Tbsp. flour
2 Tbsp. milk or cream

Cream eggs and sugar until white and fluffy. Sift flour and baking powder well and add to egg and sugar mixture. Add the cooled buttter and half & half. Pour into a greased and floured skillet or 9 x 2 1/2 inch removable bottom pan. Bake at 340° for 30 minutes or until light brown. Take out of oven and spread topping on and then return to oven again (middle shelf) for broiling a few minutes until brown. For topping: Melt butter and add remaining ingredients. Stir well and heat just to boiling point.

SOUR CREAM CHOCOLATE CAKE

Miriam Emerson

4 eggs
1/2 c. warm water
1/2 c. vegetable oil
1 c. (1/2 pt.) sour cream
1 pkg. instant chocolate pudding
1 pkg. chocolate cake mix (preferably sour cream chocolate fudge)
1 pkg. semi-sweet chocolate bits

In a mixing bowl, place eggs, water, oil and sour cream. Beat well. Add instant pudding and continue to beat. Add cake mix and beat well. Fold in 3/4 of large bag of chips. Pour into a greased and floured Bundt pan or 2 loaf pans. Bake at 350° for 1 hour. Cool thoroughly before turning out of pan.

SWEDISH MERINGUE CAKE

A Vasa Member

4 large eggs, separated
1/2 c. butter
1/2 c. sugar
1 c. flour
1 tsp. baking powder
5 Tbsp. milk
Dash of salt
1/2 tsp. vanilla

Meringue:

4 egg whites
1/2 tsp. cream of tartar
1 c. sugar
1/2 tsp. vanilla

Cream butter and sugar. Add 4 egg yolks. (Beat by hand.) Sift flour, baking powder and salt. Add alternately with milk. Spread in two 9-inch layer pans.

Meringue: Beat egg whites with cream of tartar. Add sugar and 1/2 teaspoon vanilla. Beat until very stiff. Spread on top of layers. Bake in greased pans in a 325° oven for 20 minutes.

SWEDISH GOLD CAKE

Terry Larson

1 c. soft butter
1 1/3 c. sifted all-purpose flour
5 eggs
1 1/3 c. sugar
1 1/2 tsp. baking powder
1/2 tsp. salt
1/2 tsp. almond extract

Sift flour and measure 1 1/3 cups. Mix butter with flour for 5 minutes at low speed. Add eggs one at a time. Blend at low speed. Sift together sugar, baking powder and salt. Add gradually to creamed mixture. Add extract, beat 2 minutes. Bake in greased and floured 10-inch tube pan at 350° for 1 hour.

SPONGE CAKE

Miriam Emerson

4 eggs, separated
2 c. sugar
1 Tbsp. lemon juice
1 c. hot milk
2 c. flour
2 tsp. baking powder
1/2 tsp. salt

Small bowl: At top speed beat egg whites into soft glossy peaks. Whip in 1/2 cup sugar. Large bowl: Beat yolks, lemon juice and rest of sugar at top speed. On low speed pour in hot milk. Then quickly fold in egg whites and dry ingredients (sifted). Bake in tube pan which is ungreased at 350° for 50 minutes.

SWEDISH SPONGE CAKE

Emily Olofson

3 c. sugar
Rind of 3 large lemons, grated
12 eggs (large)
3/4 c. water (cold)
3 c. flour
3 tsp. baking powder

Beat eggs, sugar and lemon rind to a hard frost (about 5 minutes medium speed electric mixer). Add water. Have flour and baking powder sifted together. Add to the egg mixture, in thirds, making sure all is well mixed. Pour into slightly buttered, large (2 quart) tube pan. Bake in moderate (350°) oven about 1 hour. Test for doneness. Run sharp small knife around tube and sides, invert on cake rack. Remove pan and cool completely.

MARSHMALLOW WHIPPED CREAM CAKE

Muriel Corriston

1 pkg. white cake mix
2 pkg. small marshmallows
1 1/2 c. sherry
1 pt. heavy cream

Soak marshmallows in sherry for about 2 hours. Cook cake as directed on package. After cake is cool, whip cream. Mix cream, marshmallows and sherry. Frost cake with this mixture. Refrigerate and serve when well chilled.

SURPRISE CAKE

Miriam Emerson

1 box yellow cake mix (not pudding type)
1 (medium) can crushed pineapple
1 large pkg. vanilla instant pudding
3 c. milk
1 (medium) container Cool Whip

Bake cake mix in 9x13 inch pan. Cool 10 minutes, then poke lots of holes deeply all over. Cover with crushed pineapple and juice. Refrigerate 12 hours or overnight. Mix instant pudding. Spread over cake and pineapple in pan. Chill until set, then cover with Cool Whip. Swirl design on top. Cake served from pan.

CARROT CAKE WITH CREAM CHEESE ICING

M. Emerson

1 1/2 c. salad oil
2 c. sugar
4 eggs
2 c. flour
2 tsp. baking soda
1 tsp. salt
2 1/2 tsp. cinnamon
2 1/2 tsp. vanilla
3 c. grated carrots

Icing:

1/4 lb. butter
1 (8 oz.) pkg. cream cheese
1 lb. confectioners sugar
1 Tbsp. vanilla
Salt and dash of milk

Preheat oven to 350° and grease and flour 9x13 inch pans. Combine in 1 bowl salad oil, sugar and eggs and beat well! Sift in another bowl: Flour, baking soda and salt and cinnamon. Add flour mixture to sugar mixture and beat 2 minutes at medium speed. Add vanilla and carrots and bake 45 minutes or until done.

Icing: Beat butter and cream cheese, add sugar, vanilla, salt and milk. Let cake cool and ice.

CARROT CAKE

Lillian Nilsson

2 1/4 c. sugar
2 c. grated carrots or
2 jars Gerber's Jr. strained carrots
3 c. flour
2 1/2 tsp. cinnamon
1 1/3 tsp. salt
4 eggs
1 1/3 c. Wesson oil
2 1/2 tsp. baking powder
2 tsp. baking soda
1/2 c. chopped walnuts (optional)

Mix all together. Grease and flour pan. If you use 2 pans, bake at 350° for 40-45 minutes or a 12 cup pan bake at 350° for 1 hour.

JELLY ROLL

Anita Olson

3/4 c. sifted cake flour
7/8 c. eggs, about 4 eggs (room temperature)
1 tsp. baking powder
1/4 tsp. salt
3/4 c. sifted granulated sugar
1 tsp. vanilla
1 c. tart jelly

Heat oven to 400° F. and line a 15x10x1 inch pan with greased waxed paper. In a bowl with mixer at high speed, beat eggs with baking powder till light and foamy; add salt and beat to lemon colored. Add sugar a tablespoon at a time until thick and triple in volume. Now fold in flour and vanilla. Pour batter into pan leaving a small depression in center. Bake to light brown about 13 minutes. Invert pan onto cloth or waxed paper sprinkled with sugar, peel off paper quickly. Let cool slightly. Then spread with the jelly and roll up from the narrow end. Place on rack to cool. Cut with a very sharp knife into crosswise slices about 1 inch thick.

CHOCOLATE ROLL

Helen Anderson

3 eggs
3/4 c. sugar
1/3 c. potato flour, sifted
2 Tbsp. cocoa, sifted
2 tsp. baking powder

Filling:

1/2 c. butter or margarine
1 c. powdered sugar, sifted
2 egg yolks
1 tsp. vanilla extract

In a warmed bowl, beat eggs and sugar until white and fluffy (at least 10 or 15 minutes until it triples in volume). Sift together flour, cocoa and baking powder. Add and stir until well blended. Pour batter into oblong pan 18 x 11 1/2 inches that has been greased, lined with greased waxed paper even up the sides (whatever the width of the waxed paper). Bake in a 400° F. oven for 8-10 minutes. Turn onto a linen towel or such that has confectioners sugar and leave until you make the filling.

Filling: Work butter or margarine and sugar until fluffy. Stir in egg yolks and vanilla extract. Roll up lengthwise. Wrap in waxed paper and place in refrigerator. Slice crosswise.

CHERRY FILLED JELLY ROLL

Lilly Stockman

2 Tbsp. melted butter
1 (21 oz.) can cherry pie filling
1/2 tsp. almond extract
4 egg yolks
1/2 tsp. vanilla
1/3 c. sugar
3/4 c. sifted flour

1 tsp. baking powder
1/2 tsp. salt
1/3 c. confectioners sugar

Brush the melted butter thoroughly in bottom of jelly roll pan (17 x 11 1/2 x 1 inch). Spread evenly the combined cherry filling and almond extract over bottom of pan. Beat egg yolks with 1/2 cup sugar until thick and lemon colored. Add vanilla. Beat egg whites until soft peaks form, add 1/3 cup sugar gradually, beating until stiff peaks form. Fold in gently the egg white mixture. Gradually fold sifted flour, baking powder and salt into egg mixture until well blended. Spread batter over entire fruit mixture. Bake in a moderately hot oven until cake springs back when pressed with finger. Turn out on double thickness of paper toweling sprinkled with confectioners sugar. Let stand 3 minutes. Roll as for jelly roll, using toweling to help roll the cake. Let stand on rack until cool. Serve on a plate. If desired, garnish with whipped cream and candied cherries.

ANGEL GINGER

Doris Fahlberg

1/2 c. shortening
1 c. sugar
2 eggs
2 1/2 c. flour
1/2 c. molasses
1 c. hot water
1 tsp. baking soda
1 tsp. ginger
1/4 tsp. cinnamon
1/4 tsp. nutmeg
1/4 tsp. allspice

Cream shortening and sugar. Add eggs and molasses. Beat well. Add dry ingredients alternately with hot water. Beat until smooth. Bake in greased 9x13 inch pan at 350° for 45 minutes.

POUND CAKE

Doris Fahlberg

4 eggs, well beaten
2 c. sugar
3 c. self-rising flour
1 pt. heavy cream
2 tsp. vanilla

Mix all ingredients. Bake in a Bundt pan at 350° for 1 hour.

RAISIN CAKE

Miriam Emerson

1 c. raisins
1 c. water
1/2 c. oil
1 egg, slightly beaten
1 3/4 c. flour
1 c. sugar
1/4 tsp. salt
1 tsp. cinnamon
1 tsp. nutmeg
1/2 tsp. allspice
1/2 tsp. cloves
1 tsp. baking soda

Bring raisins and water to boil. Let cool. Add oil and slightly beaten egg. Add sugar. Sift flour, baking soda, salt and spices together. Add slowly to mixture while beating on electric mixer for 2 minutes. Bake at 375° for 20-25 minutes in a pan, 13x9x2 inches. Freezes well.

SWEDISH SPICE CAKE

Swanee Jonson

1 stick butter
1 1/2 c. sugar
2 egg yolks
2 c. flour
1 tsp. soda
1 tsp. cinnamon
1/4 tsp. cloves
1 c. milk
2 well-beaten egg whites

Cream butter and sugar. Add egg yolks. Add sifted dry ingredients alternately with milk. Fold in egg whites. Bake in greased tube pan at 375° for 1 hour.

MJUK PEPPARKAKA

Anita Olson

1 stick butter or margarine
2 c. sugar
3 eggs
Grated peel of 1 orange
1/2 pt. sour cream
2 c. flour
1 tsp. cardamon
1 Tbsp. cinnamon
1 tsp. baking soda, dissolved in 2 Tbsp. warm water
1 c. raisins (optional)
1 tsp. cloves

Mix butter and sugar. Add eggs and dry ingredients plus sour cream. Bake 1 hour at 350° F.

CHEESE CAKE

Alice Isojoki

Graham cracker crust

Spring pan

Filling:

3 (8 oz.) pkg. cream cheese
1 Tbsp. vanilla
5 eggs
1 1/2 c. sugar
1 1/2 pt. sour cream

Soften cream cheese. Blend in sugar, vanilla and sour cream. Blend well and add eggs one at a time. Place filling mixture on graham crust in spring pan and sprinkle with graham on top. Bake at 325° for 45 minutes turn off oven and leave cake in oven for 2 hours.

CHEESE CAKE

Mrs. J. Nielsen

1 1/2 c. graham crumbs
1 1/4 c. sugar
1/4 lb. butter
Spring pan
1 1/2 c. sugar
4 eggs
2 tsp. vanilla
3 (8 oz.) pkg. cream cheese

Topping:

1/4 c. sugar
1 c. sour cream
1 tsp. vanilla

Mix first 3 ingredients and press into spring pan as crust. Mix cream cheese and sugar and then add eggs one at a time, and then add vanilla. Bake for 1 hour at 325°. Mix topping and place on top of cake and return cake to oven for 10 more minutes. Let cool.

CHEESECAKE

Emmy Weissman

Crust:

1 1/2 c. graham cracker crumbs
1/4 c. sugar
1/2 c. melted butter or margarine

Filling:

3 (8 oz.) pkg. cream cheese
1 1/2 c. sugar
4 eggs
1/8 tsp. salt
1 tsp. vanilla

Mix graham cracker crumbs, sugar and melted butter. Press in 9-inch spring form pan. Chill. Let cream cheese soften in large bowl. Blend in 1 1/2 cups sugar. Add salt. Beat until fluffy. Add eggs, one at a time, beating well after each addition. Beat in 1 teaspoon vanilla. Pour into crust. Bake in 350° oven for 50 minutes or until firm in center. Reset oven to 450°.

Topping: Combine 2 cups sour cream, 1/4 cup sugar and 2 teaspoons vanilla. Spread over top of cake. Sprinkle with chopped walnuts. Return to 450° oven for 10 minutes or just until topping is set. Cool cake in pan on wire rack. Chill completely. Loosen cake around edge with knife. Release spring and remove sides. Cake can be frozen.

APPLE CAKE — Terry Larson

4 c. apples, slightly cooked
2 c. sugar
2/3 Tbsp. sugar
2 eggs
2 c. flour
2 tsp. soda
2/3 tsp. cinnamon
2/3 tsp. salt
2/3 c. nuts

Cook apples few minutes. Cool. Mix sugar and butter together, add eggs and mix well. Sift flour, cinnamon and salt. Mix alternately with egg mixture and apples. Fold in nuts (optional). Bake at 350° for 30-35 minutes.

APPLE CAKE — Edith Larson

2 c. all-purpose flour
1/2 c. sugar
3 tsp. baking powder
1/2 bar butter or margarine
1 egg
1 tsp. vanilla
1 c. milk
6 apples, sliced
1 tsp. salt

Topping:

1/2 c. sugar
1 tsp. cinnamon
1 tsp. nutmeg

Sift flour, baking powder, sugar and salt together. Cut in butter or margarine to flour mixture (like pie crust). Add egg, milk and vanilla and mix all together. Pour in a shallow greased pan (9x13 inches). Stick apples into dough. Sprinkle on cake the topping mixture and put tabs of butter or margarine on top. Bake in hot oven 450° F. for 10 minutes. Turn heat down to 375° for 45 minutes. Cake should be well done.

NUT CAKE

Inger Wright

3 large or 4 small eggs
7 oz. (20o gr.) sugar
7 oz. (200 gr.) filbert nuts or almonds
1/2 pt. heavy cream
Semi-sweet chocolate

Whip eggs and sugar white and fluffy. Grind the nuts or almonds. Add the nuts and baking powder to the egg mix. Pour in a greased and floured spring form. Bake about 30 minutes in 375° or until toothpick comes out dry. To serve: Cut cake in 2 layers. Whip the cream. Fill the cake with half of the whipped cream of fresh fruit or fruit cocktail. Put rest of cream on top. Decorate with flaked semi-sweet chocolate.

ORANGE FRUIT CAKE

Terry Larson

1/2 c. butter
1 c. sugar
2 eggs
2 c. flour
1 tsp. baking powder
1/2 c. sour milk
1 orange, washed and ground
1 c. ground scalded raisins
Pinch of salt

Cream butter and sugar. Add 2 eggs. Sift flour, soda, baking powder and salt together. Alternately with 1/2 cup sour milk, add dry ingredients. Fold in ground orange and raisins. Bake in loaf pan at 350° for 1 hour.

COOKY'S BANANA CAKE

Miriam Emerson

1 c. light brown sugar
2 eggs
3/4 c. corn oil
1/2 c. sour cream
1/2 tsp. cinnamon
1 tsp. baking soda
1 tsp. baking powder
1 tsp. orange juice

1 c. mashed ripe bananas
1/2 c. chopped walnuts
2 c. flour

Mix together sugar, eggs and oil. Add sour cream, cinnamon, baking soda, baking powder and orange juice. Stir until well blended. Add mashed bananas to mixture. Add walnuts and flour and mix well. Pour batter into lightly greased loaf pan. Bake at 375° for 50-60 minutes.

FRUIT COFFEE CAKE

Ida Anderson

1/4 lb. butter
1 c. sugar
2 c. flour
2 tsp. baking powder
1 Tbsp. lemon juice
Few grains of salt

Topping:

2 eggs, separated
1/2 c. sugar
1 c. sour cream
1/2 tsp .flavoring

Blend first 3 ingredients, then add the remainder. Peaches or other fruit well drained on top of batter. Use 9x13 inch or two 9-inch round pans at 375° for 40 minutes.

Topping: Beat egg whites and fold into rest of ingredients which includes 2 egg yolks.

WHITE FRUIT CAKE

Lily Stockman

4 c. mixed diced fruits and peels for fruit cake
1/2 c. pitted dates, cut up
1/2 c. dried figs, cut up
1/2 c. dried apricots, cut up
1 1/4 c. light raisins
2 c. blanched almonds, slivered
2 c. flaked coconut
2 c. sifted flour
1 1/2 tsp. baking powder
1 tsp. salt
1 c. shortening
1 c. sugar
1 tsp. rum flavoring
5 eggs
1/2 c. unsweetened pineapple juice

Mix first 7 ingredients together. Sift together flour, baking powder and salt; sprinkle 1/2 cup over fruit mixture, mixing well. Thoroughly cream shortening, sugar and flavoring; add eggs, one at a time, beating well after each. Add dry ingredients to creamed mixture alternately with pineapple juice, beating well after each addition. Add fruit

mixture stirring until well mixed. Line two 8 1/2 x 4 1/2 x 2 1/2 inch loaf pans with paper, allow 1/2 inch to extend above all sides of pan. Pour batter into pans filling 3/4 full. Bake in 275° oven for 2 1/2 hours or till done. Place pan containing 2 cups water on bottom shelf of oven to get cake of greater volume, moist texture, shiny glaze. Makes about 5 pounds.

HOT CROSS BUNS

Alice Isojoki

1 pkg. dry yeast
1/4 c. hottest tap water
2 1/3 c. Gold Medal flour
(if using self-rising flour omit salt and soda)
1/3 c. sugar
1 tsp. salt
1/4 tsp. soda
1 c. dairy sour cream
1 egg
1/2 c. raisins
1/4 c. diced citron
1 tsp. cinnamon
Quick White Icing

In large bowl, dissolve yeast in hot water. Add 1 1/3 cups of flour, sugar, salt, soda, sour cream and egg. Blend 1/2 minute on low speed, scraping bowl constantly. Beat 2 minutes at high speed, scraping bowl occasionally. Stir in remaining flour, raisins, citron and cinnamon thoroughly. Divide batter evenly among 12 greased medium muffin cups. Let rise in warm place 50 minutes. (Dough will rise slightly but will not double.) Heat oven to 350°. Bake 30 minutes or until golden brown. Immediately remove from pan. Frost crosses on tops of buns with icing. Serve warm (12 buns).

BUTTERMILK DOUGHNUTS

A Vasa Friend

3 1/3 c. flour
1 c. sugar
2 tsp. baking powder
1 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. nutmeg
2 Tbsp. shortening
2 eggs
3/4 c. buttermilk

Heat fat or oil (3 to 4 inches) to 375° in deep fat fryer or kettle. Measure 1 1/2 cups flour and the remaining ingredients into large mixer bowl. Blend 1/2 minute on low speed, scraping bowl constantly. Beat 2 minutes medium speed, scraping bowl. Stir in remaining flour. Turn dough onto well-floured cloth-covered board; roll around lightly to coat with flour. Gently roll dough 3/8 inch thick. Cut with

floured doughnut cutter. Slide doughnuts into hot fat. Turn doughnuts as they rise to surface. Fry 2-3 minutes or until golden brown on both sides. Drain. Serve plain, sugared or frosted. Makes 2 dozen.

FANCY FRUIT PUDDING

Cookbook Committee

Leftover pound cake
or regular cake
2 pkg. vanilla pudding
1 large pkg. frozen fruit
(raspberry, blueberries,
strawberries or peaches)

Cook pudding using slightly less milk than required. Break up cake and place in clear bowl. Put partially frozen berries on top of cake. Pour warm pudding over cake and fruit. Do not stir. Fresh or frozen fruit may be used.

WINTER FRUIT AND ALMOND CREAM

Irene Buonomo

3 c. heavy cream
6 egg yolks
1/3 c. sugar
1/4 tsp. almond extract
1 (29 oz.) can cling peach
slices
6 large oranges
1 pt. strawberries
4 medium bananas

In saucepan over medium heat, heat ceam until tiny bubbles form around edge of pan. In heavy saucepan, with wire whisk, beat egg yolks with sugar until blended; slowly stir in cream. Cook, stirring constantly, until mixture coats back of the spoon about 15 minutes. Stir in almond extract; pour cream mixture into medium bowl, cover and refrigerate at least 6 hours. Arrange fruit in large bowl, without syrup and serve with cream.

SWEDISH BAKED APPLES

Vasa Member

6 large apples
6 Tbsp. butter
1/3 c. sugar
4 tsp. cinnamon
1/3 c. fine bread crumbs
1/2 c. light cream

Wash, pare and core apples. Melt the butter and roll the apples in it. Mix the sugar and cinnamon and roll the apples in the mixture and then in the bread crumbs. Place in a buttered baking dish. Fill the centers with sugar-cinnamon mixture. Pour any remaining butter over apples.

Bake in 350° oven for 20 minutes and then pour the cream over the apples. Continue baking until the apples are tender. Serve warm or cold.

QUICK PEAR CRISP

Helen Haggqvist

1 (1 lb. 14 oz.) can Bartlett pear halves
2 Tbsp. butter
1/4 c. brown sugar
1/4 c. flour
1/8 tsp. nutmeg
1/8 tsp. cinnamon
2 Tbsp. oatmeal (quick)

Drain the canned pear halves thoroughly and arrange in a shallow baking dish or pie plate. In a small skillet or saucepan melt the butter. Remove from heat and stir in the brown sugar, flour, nutmeg and cinnamon, mixing well. Stir in the oatmeal. Scatter the crumbly mixture over the pear halves. Bake in 375° oven for 20 minutes or until crumb topping is nicely browned. Transfer pear halves to individual serving dishes and pass light or heavy cream to pour on top. Serves 4.

FRUKTSOPPA (Swedish Fruit Soup)

A Vasa Member

1/4 lb. each dried prunes, apricots, apples and pears
1/4 c. currants
1/4 c. seedless raisins
2 qt. cold water
1 stick cinnamon
1 c. sugar
1/2 c. tapioca
1 Tbsp. grated lemon rind
Lemon juice to taste

Soak dried fruit in 1 1/2 quarts water overnight. In a.m. add cinnamon stick and bring to boil. Remove from heat and add sugar. Stir in tapioca into remaining 2 cups of water. Cook over low heat until transparent. Add to hot soup mixture with lemon rind. Add lemon juice. Serve warm or cold.

RICE PUDDING NO. 1

Vasa Member

1 c. rice
1/4 tsp. salt
2 sticks cinnamon
1/2 c. sugar
2 qt. milk
5 eggs
Ground cinnamon for top

Wash rice and place rice, salt, cinnamon sticks and 1 quart milk in large saucepan. Cook over slow flame for about 1/2 hour, stirring frequently and gradually adding remaining milk and the sugar. Remove cinnamon stick. Beat eggs in large mixing bowl. Add rice mixture to eggs. Place in large buttered casserole. Sprinkle top with cinnamon. Place in large pan of water and bake at 325° for about 1 1/2 hours. Serve with lingonberries.

RICE PUDDING NO. 2

Miriam Emerson

1/2 c. nonprocessed rice
1/2 c. sugar
1/2 tsp. salt
1/2 tsp. nutmeg
2 qt. milk
3/4 c. raisins (optional)
Cinnamon stick

Place all in large bowl in 325° oven. After 1/2 hour, stir. Continue to stir every 20 minutes for 2 1/2 hours. Mixture will be very creamy. Thickens as it cools. Serve with lingonberries. At Christmas put one whole almond in after it has cooled. Tradition is that the person getting the almond will be the next one wed.

SNOW EGGS

Alice Isojoki

4 egg whites
1/4 tsp. salt
1/2 tsp. cream of tartar
3/4 c. superfine sugar
2 1/2 c. milk
4 egg yolks
1/2 c. sugar
1 1/2 tsp. vanilla
1/2 c. granulated sugar
1 Tbsp. water

Beat egg whites, salt and cream of tartar to soft peaks. Beat in superfine sugar gradually. Continue beating until stiff, glossy peaks form. Bring milk to simmering in a large skillet. Shape meringue into balls with No. 10 ice cream scoop or large spoon. Drop, a few at a time, onto milk. Poach 1 to 2 minutes. Turn over gently with a two-tine fork. poach 1 to 2 minutes. Remove with slotted spatula. Set on paper towels. Strain milk; reserve. Mix egg yolks and 1/2 cup sugar in top of double boiler. Add milk gradually, stirring constantly. Add vanilla. Cook over hot, not boiling water, stirring constantly, until custard thickens and coats spoon. Strain into serving dish. Float meringues on top. Chill. Before serving, mix 1/2 cup sugar and water in small saucepan. Cook until amber colored.

Cool a few minutes. Drizzle on meringues from tip of fork. Serve with sweetened strawberries, if desired. Makes 4 to 6 servings.

FRUIT COCKTAIL DESSERT

Ida Frodelius

1 egg
1 c. sugar
1 c. flour
1 tsp. baking soda
2 c. fruit cocktial
1/2 c. brown sugar
1/2 c. chopped nuts
Pinch of salt

Beat egg with sugar. Mix flour, soda, and salt and add to egg and sugar mixture. Add fruit cocktail. Put in shallow pan; sprinkle with the brown sugar and nuts. Bake 45 minutes in 325° oven or 40 minutes in glass dish. Top with whipped cream.

CARAMEL CUSTARD

Emily Olofson

1 c. sugar
6 eggs (large)
1 Tbsp. vanilla extract
4 c. milk

Boiling water bath: Set a deep pan on oven rack, pour boiling water after placing filled dish in pan, to level of mixture in baking dish.

Set out 1 1/2 to 2 quart baking dish. Put in heavy skillet, over medium heat, 1/2 of sugar with back of wooden spoon keep sugar moving constantly, until caramelized. Pour caramelized sugar into baking dish, tilting until sides and bottom are coated. Beat remaining sugar with eggs, add milk and vanilla. Pour into baking dish. Set in boiling water bath at 325° for 55 to 60 minutes or until silver knife comes clean, inserted halfway between center and edge of dish. Cool, then chill thoroughly in refrigerator.

CITRON FROMAGE (Lemon Fromage)

Svea Lind

5 eggs, separated
3/4 c. sugar
2 lemons, rind of 1, juice of both
2 tsp. gelatin dissolved in 2 Tbsp. water, heated
1 c. heavy cream

Cream yolks and sugar until white. Add dissolved gelatin, rind and juice. Fold in stiffly beaten egg whites.

Stir carefully, add cream. Pour into mold rinsed in cold water. Refrigerate for 3 hours before unmolding and serve with whipped cream and fruit.

APRICOT CREAM — Doris Fahlberg

1 pkg. vanilla instant pudding
1 c. chilled apricot nectar drink
1 c. sour cream
1 tsp. lemon juice

In electric mixer, combine dry pudding mix, nectar drink, sour cream and lemon juice. Mix until well blended. Chill. Serve in demitasse cups topped with whipped cream.

SOUTHERN BANANA PUDDING — Alice Isojoki

1 (4 serving size) pkg. vanilla pudding
2 egg yolks, slightly beaten
2 1/2 c. milk
25 vanilla wafers
2 large bananas, sliced

Combine pudding, eggs and milk in saucepan. Cook and stir over medium heat until mixture comes to a full boil. Remove from heat. Arrange layer of vanilla wafers on bottom and sides of a 1 1/2 quart baking dish. Add a layer of banana slices and of pudding. Continue layering wafers, banana and pudding, ending with pudding.

BANANAS FLAMBE — Alice Isojoki

1/2 c. butter
2/3 c. brown sugar
1 tsp. cinnamon
4 new bananas
1/3 c. white rum
Vanilla ice cream

In a frying pan, melt butter and sugar and cinnamon. Cook, stirring occasionally, until brown. Add bananas that have been cut into 1/2 inch slices. Keep turning until bananas are covered. Add heated rum and ignite immediately. Do not stir. Spoon over ice cream.

NOODLE PUDDING

Alice Isojoki

1 Tbsp. softened butter
1/2 c. sugar
1 tsp. salt
3/4 c. cottage cheese
1/4 c. sour cream
1/4 c. raisins, chopped
Grated rind and juice of 1/2 lemon
1 (8 oz.) pkg. wide noodles
4 eggs, separated

In large bowl of electric mixer, beat butter with sugar and salt. Add cottage cheese, sour cream, raisins, grated lemon rind and juice and mix well. Cook noodles in slightly salted water until soft and drain well. Stir into cheese mixture. Bet egg yolks until thick and lemon colored and fold into noodle mixture. Beat egg whites until stiff but not dry and fold into mixture. Spoon into casserole or baking pan. Bake at 350° for 45 minutes to 1 hour, until set. Serves 8.

PLATTAR (Swedish Pancakes)

A Vasa Friend

3 eggs
1/2 c. flour
1/4 c. sugar
2 c. milk
1/4 c. melted butter
1/4 tsp. salt

Beat eggs with some of the milk, mix sugar and salt with flour and add alternately with rest of milk. Mix well and let stand 15 minutes. Heat Plattpan (Swedish griddle) or regular skillet, grease lightly, pour batter thinly over bottom. Flip pancake over as soon as lightly brown. Serve with lingonberries.

SUPER PANCAKES

Anita Olson

1 c. milk
2 Tbsp. oil
1 egg, beaten
1 c. sifted flour
1/2 tsp. salt
2 Tbsp. sugar
2 Tbsp. baking powder (yes 2 Tbsp.)

Mix oil, egg and milk, sift dry ingredients, and add to the above. Add 2 more tablespoons of milk. Fry on hot griddle.

ALANDS PANKAKA — Florence Olson

1 1/2 qt. milk
1/2 c. farina
2 heaping Tbsp. flour
5 eggs
Pinch of salt
Pinch of saffron
1 tsp. crushed cardamon

Cook farina in 1/2 quart milk with salt and sugar (approximately 5 minutes). Let cool. Add eggs, beat well! Add flour, cardamon and rest of milk, beat well! Put in pan (well buttered and coated with flour). Dot top with butter and bake at 375° about 1 hour and 15 minutes. Use a fairly heavy pan for baking. Let cool and serve with whpped cream and lingonberries.

ALANDS PANKAKA — Gladys Hellman

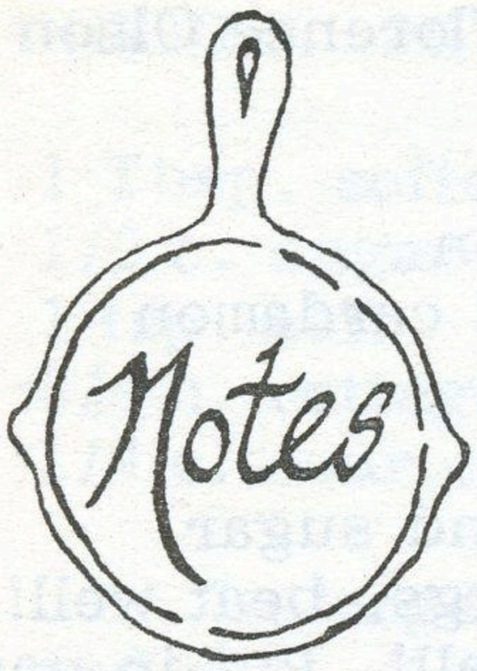
1 c. farina
1 qt. milk
2 sticks cinnamon
1 c. sugar
5 eggs, slightly beaten
1 tsp. cardamon

Cook 1 cup farina in 1 quart milk with 2 cinnamon sticks until thick, about 5 minutes. Let cool. Add sugar and eggs. Add 1 teaspoon cardamon and about 3 cups more milk to get right consistency. Take out cinnamon sticks. Add ground cinnamon to taste and sprinkle saffron ground fine on top. Bake at 350° until light brown. A 10-inch round Pyrex dish may be used. Serve plain or with lingonberries.

CORN FLAKE STRUDEL — Miriam Emerson

Corn flakes
Apples
Sugar
Butter
Cinnamon

Line a buttered dish with corn flakes. Cover with a layer of thinly sliced apples. Sprinkle with sugar and a little cinnamon and dot with butter. Fill to top with alternate layers, covering with a layer of corn flakes. Cover dish. Bake at 375° until apples are soft.


Notes

CANDY JELLY PRESERVES

TEMPERATURE TESTS FOR CANDY MAKING

There are two different methods of determining when candy has been cooked to the proper consistency. One is by using a candy thermometer in order to record degrees, the other is by using the cold water test. The chart below will prove useful in helping to follow candy recipes:

TYPE OF CANDY	DEGREES	COLD WATER
Fondant, Fudge	234 - 238°	Soft Ball
Divinity, Caramels	245 - 248°	Firm Ball
Taffy	265 - 270°	Hard Ball
Butterscotch	275 - 280°	Light Crack
Peanut Brittle	285 - 290°	Hard Crack
Caramelized Sugar	310 - 321°	Caramelized

In using the cold water test, use a fresh cupful of cold water for each test. When testing, remove the candy from the fire and pour about ½ teaspoon of candy into the cold water. Pick the candy up in the fingers and roll into a ball if possible.

In the SOFT BALL TEST the candy will roll into a soft ball which quickly loses its shape when removed from the water.

In the FIRM BALL TEST the candy will roll into a firm but not hard ball. It will flatten out a few minutes after being removed from water.

In the HARD BALL TEST the candy will roll into a hard ball which has lost almost all plasticity and will roll around on a plate on removal from the water.

In the LIGHT CRACK TEST the candy will form brittle threads which will soften on removal from the water.

In the HARD CRACK TEST the candy will form brittle threads in the water which will remain brittle after being removed from the water.

In CARAMELIZING, the sugar first melts then becomes a golden brown. It will form a hard brittle ball in cold water.

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SPICE LINGON

Alice Isojoki

1 1/2 qt. lingon
1/2 - 1 pt. water
1 lb. sugar
3 cloves
1 piece ginger, coarsely crushed
1 piece of cinnamon

Rinse and drain berries. Place them in a saucepan and add water and sugar. Put spices in a little cheesecloth tied and place in saucepan. Cook for 15-20 minutes. Take the spice bag out of the saucepan. Skim off any scum and stir off and on until the berries cool. Pour up in well sterilized jars.

QUICK CHOCOLATE FUDGE

Anita Emerson

3 (6 oz.) pkg. semi-sweet chocolate bits
1 1/3 c. sweetened condensed milk
A pinch of salt
1/2 c. chopped nuts
1 1/2 tsp. vanilla

In the top of a double boiler, over simmering water, melt 3 cups semi-sweet chocolate bits. Stir occasionally. Remove from heat and add condensed milk and a pinch of salt, vanilla and chopped nuts. Stir only until smooth. Pour into a waxed paper lined 8-inch square pan. Spread evenly. Refrigerate about 2 hours or until firm. Turn fudge out of pan and cut into serving squares. Store in an airtight container. For variation omit the vanilla and add 1 1/2 tablespoons instant coffee powder.

FAST FUN FUDGE

Karen Emerson

1/3 c. peanut butter
1/4 c. margarine
4 1/2 c. (1 lb.) sifted confectioners sugar
1 tsp. vanilla
1/3 c. instant nonfat dry milk
1/2 c. light or dark corn syrup
1 Tbsp. water

Grease an 8x8 inch square pan. Melt peanut butter and margarine. Sift together confectioners sugar and dry milk. Stir corn syrup, water and vanilla into peanut butter-

margarine mixture. Gradually add sifted sugar and dry milk. Continue mixing until mixture is well blended and smooth. Turn into prepared pan. Cut into squares. Makes 1 3/4 pounds.

CHOCOLATE SAUCE

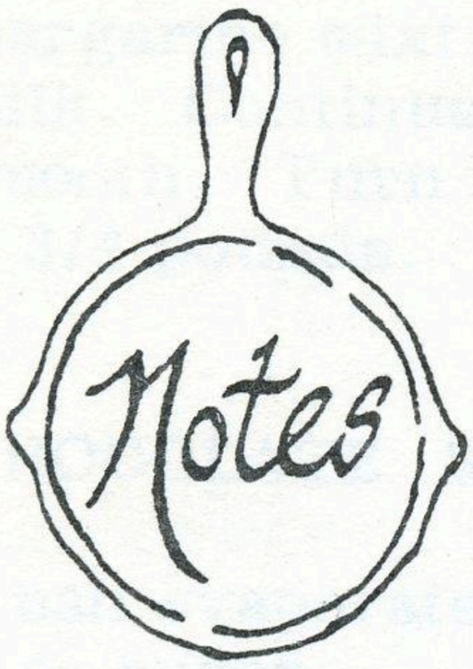
Doris Fahlberg

1 can evaporated milk
2 c. sugar
4 squares of unsweetened chocolate
1/4 c. butter
2 tsp. vanilla

Bring the evaporated milk and sugar to a boil and boil a minute or two. Add the chocolate, butter and vanilla. Beat till smooth.

** NOTES **

Notes


Notes

BEVERAGES & MISCELLANEOUS

FOOD QUANTITIES
FOR SERVING 25, 50 and 100 PERSONS AT PICNIC

Do you have trouble deciding how much of various foods to take to a picnic? Here are some suggested figures on 25, 50 and 100 servings, taken from "Planning Food For Institutions," a USDA handbook.

FOOD	25 SERVINGS	50 SERVINGS	100 SERVINGS
Sandwiches:			
Bread	50 slices or 3 1-lb. loaves	100 slices or 6 1-lb. loaves	200 slices or 12 1-lb. loaves
Butter	½ pound	¾ to 1 pound	1½ pounds
Mayonnaise	1 cup	2 to 3 cups	4 to 6 cups
Mixed Filling (meat, eggs, fish)	1½ quarts	2½ to 3 quarts	5 to 6 quarts
Mixed Filling (sweet-fruit)	1 quart	1¾ to 2 quarts	2½ to 4 quarts
Lettuce	1½ heads	2½ to 3 heads	5 to 6 heads
Meat, Poultry or Fish:			
Wieners (beef)	6½ pounds	13 pounds	25 pounds
Hamburger	9 pounds	18 pounds	35 pounds
Turkey or chicken	13 pounds	25 to 35 pounds	50 to 75 pounds
Fish, large whole (round)	13 pounds	25 pounds	50 pounds
Fish, fillets or steaks	7½ pounds	15 pounds	30 pounds
Salads, Casseroles:			
Potato Salad	4¼ quarts	2¼ gallons	4½ gallons
Scalloped Potatoes	4½ quarts or 1 12x20" pan	8½ quarts	17 quarts
Spaghetti	1¼ gallons	2½ gallons	5 gallons
Baked Beans	¾ gallon	1¼ gallons	2½ gallons
Jello Salad	¾ gallon	1¼ gallons	2½ gallons
Ice Cream:			
Brick	3¼ quarts	6½ quarts	12½ quarts
Bulk	2¼ quarts	4½ quarts or 1¼ gallons	9 quarts or 2½ gallons
Beverages:			
Coffee	½ pound and 1½ gal. water	1 pound and 3 gal. water	2 pounds and 6 gal. water
Tea	1/12 pound and 1½ gal. water	1/6 pound and 3 gal. water	1/3 pound and 6 gal. water
Lemonade	10 to 15 lemons, 1½ gal. water	20 to 30 lemons, 3 gal. water	40 to 60 lemons, 6 gal. water
Desserts:			
Watermelon	37½ pounds	75 pounds	150 pounds
Cake	1 10x12" sheet cake 1½ 10" layer cakes	1 12x20" sheet cake 3 10" layer cakes	2 12x20" sheet cakes 6 10" layer cakes
Whipping Cream	¾ pint	1½ to 2 pints	3 pints

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ELMER'S GLOGG

Elmer Anderson

1/2 gal. port wine
2 qt. brandy
1 pt. Danish cherry wine

Spice Mixture:

1 c. raisins
1 c. sugar
1 c. blanched almonds
12 whole cloves
12 whole cardamon in pod
1 cinnamon stick

In a small pot put the spice mixture. Cover with water and bring to simmer. Stir until sugar is dissolved. In a large pot put wine, brandy and cherry wine. Add spice mixture. Cover and heat to simmer. Store in cool place 3 days. Remove spices and place in a separate jar. Bottle the Glogg. Skal.

GLOGG

Maud Linstrom

1 gal. port wine
1 qt. whiskey
1 bottle beer
1 c. sugar
5 cardamons
1/2 c. raisins
10-15 cloves
1 cinnamon stick
1 fig
1 dry orange peel

In a medium size pot, pour in 1 bottle beer. Add 5 cardamon (broken, shells included) raisins, cloves, cinnamon stick, fig and orange peel. Cook until ingredients are soft. Remove from heat. Strain the spices to get the juice needed for later. In a large pot, pour in 1 gallon wine, 1 quart whiskey and 1 cup sugar. Heat to simmer. Pour in the juice that was taken from the spices. Stir. Light Glogg and let burn for exactly 1 minute. Cover with lid to douce flames for 1 minute. Let cool and bottle. Heat to serve.

PTA PUNCH

Miriam Emerson

2 half gal. vanilla and orange sherbet
1 large bottle ginger ale
2 bottles champagne

Mix ginger ale and vanilla, orange sherbet. Add 2 bottles of champagne. Serves 20-25 small punch cups.

MORMOR'S ELIXIR

Inger Wright's Mormor

Black currants
Vodka

Take a clean bottle and fill with black currants. Pour vodka over. Let stand 6 weeks. Then take a small jigger for stomachache, colds, rheumatism and such things. (From the Ole Country.)

FLOATING ISLAND PUNCH

Vasa Member

1 (6 oz.) can frozen orange juice concentrate, thawed
1 (6 oz.) can frozen lemonade concentrate, thawed
1 qt. apple juice, chilled
2 qt. ginger ale, chilled
Raspberry, orange, lime and lemon sherbet

In large punch bowl, stir together concentrates and apple juice. Stir in ginger ale; scoop sherbet into ball and spoon into punch.

PUNCH

Lily Stockman

2 cans frozen orange juice
2 cans frozen grapefruit juice
1 can frozen lemonade juice
Sliced oranges
3 bottles of ginger ale
1 bottle of N.Y. State Rhine wine (Taylors)

SOUTHERN PUNCH

Margaret Gustavsson

1 fifth of Southern Comfort
2 1/2 qt. prechilled 7-Up
1 pt. (2 c.) fresh lemon or lime juice
Dash of bitters (optional)

Prechill ingredients. Pour into punch bowl, adding 7-Up last. Decorate with slices of oranges and lemon. Serves 25.

HOLIDAY PUNCH

Margaret Gustavsson

1 pt. lemon juice, fresh
1 pt. Ocean Spray cranberry juice cocktail
1 pt. pineapple juice
1 fifth bottle Southern Comfort
4 fifth bottles claret wine
2 qt. bottles 7-Up

Prechill ingredients; pour into punch bowl over large piece of ice, adding 7-Up last. Decorate with slices of limes and lemons. Serves 45.

ANNIVERSARY PUNCH

Margaret Gustavsson

1 fifth Southern Comfort
2 c. (16 oz.) Ocean Spray cranberry juice cocktail
1 qt. 7-Up
1 c. fresh lemon or fresh lime juice
1 dash Angostura Bitters (optional)
2 qt. champagne

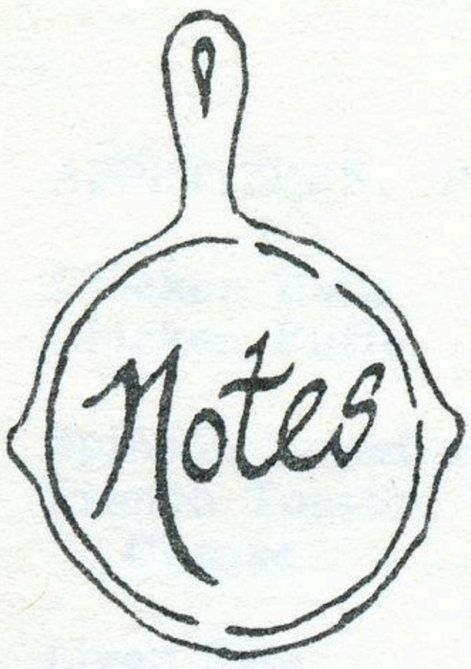
Prechill ingredients; pour into punch bowl over large piece of ice. Add champagne last. Decorate with slices of oranges and lemons. (Thirty 5-ounce drinks)

CONVERSION TABLE OF MEASUREMENTS

Swedish:	American:
1 kg. (1000 g)	2.2 lb.
1/2 kg. (500 g)	1 lb. 1/2 oz.
1 hg (100 g)	3 1/2 oz. roughly
25 g	1 oz.
50 g	2 oz
75 g	3 oz
100 g	4 oz

150 g	6 oz.
200 g	7 oz.
325 g	12 oz.
1 litre (10 dl)	3 3/4 c.
1/2 litre (5 dl)	1 2/3 c.
1/2 dl	3 Tbsp.
3/4 dl	4 1/2 Tbsp.
1 dl	1/3 c.
2 dl	2/3 c.
2 1/2 dl	1/2 c.
3 dl	1 c.
4 dl	1 1/3 c.
5 dl	1 2/3 c.
6 dl	2 c.
8 dl	2 2/3 c.

** NOTES **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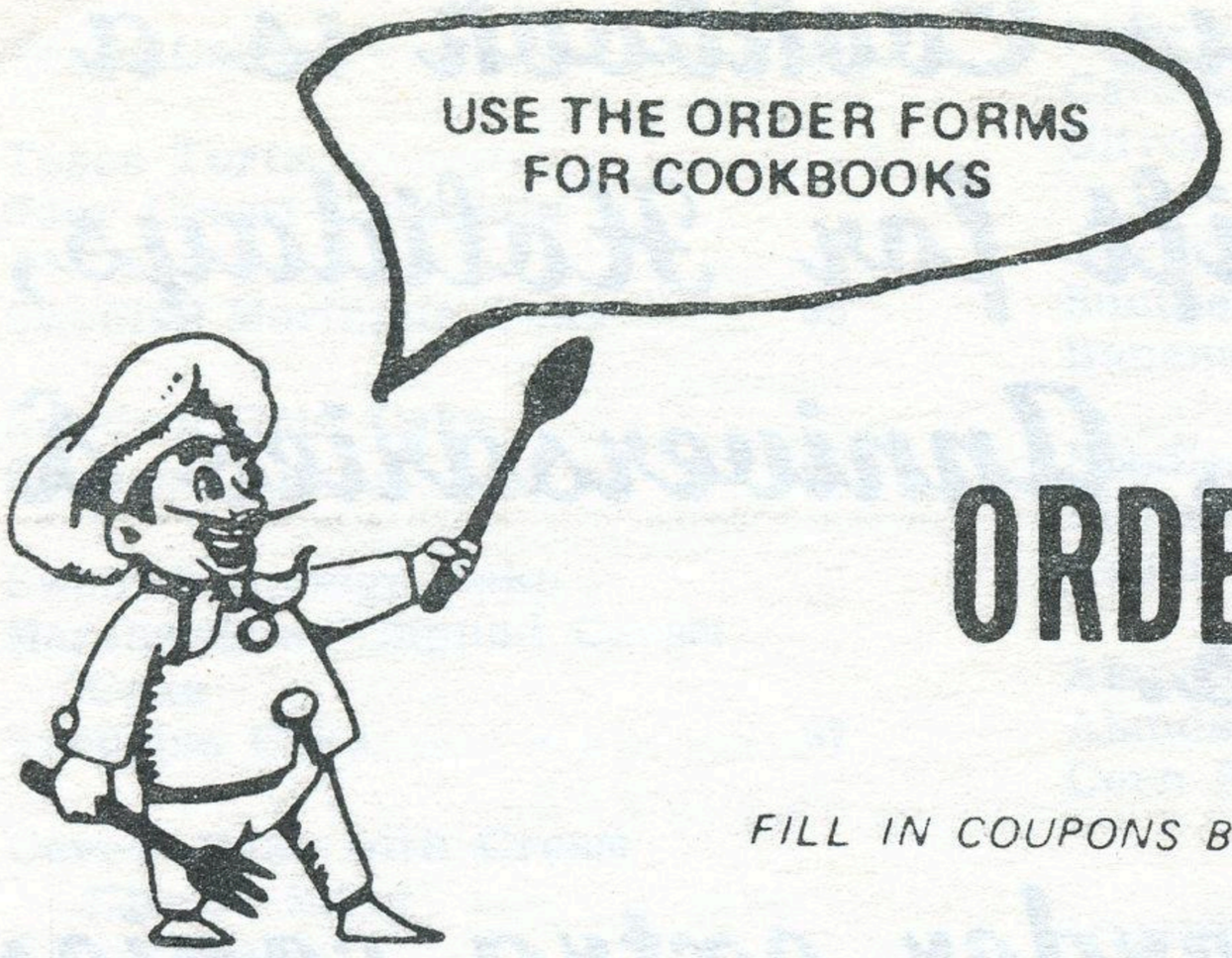

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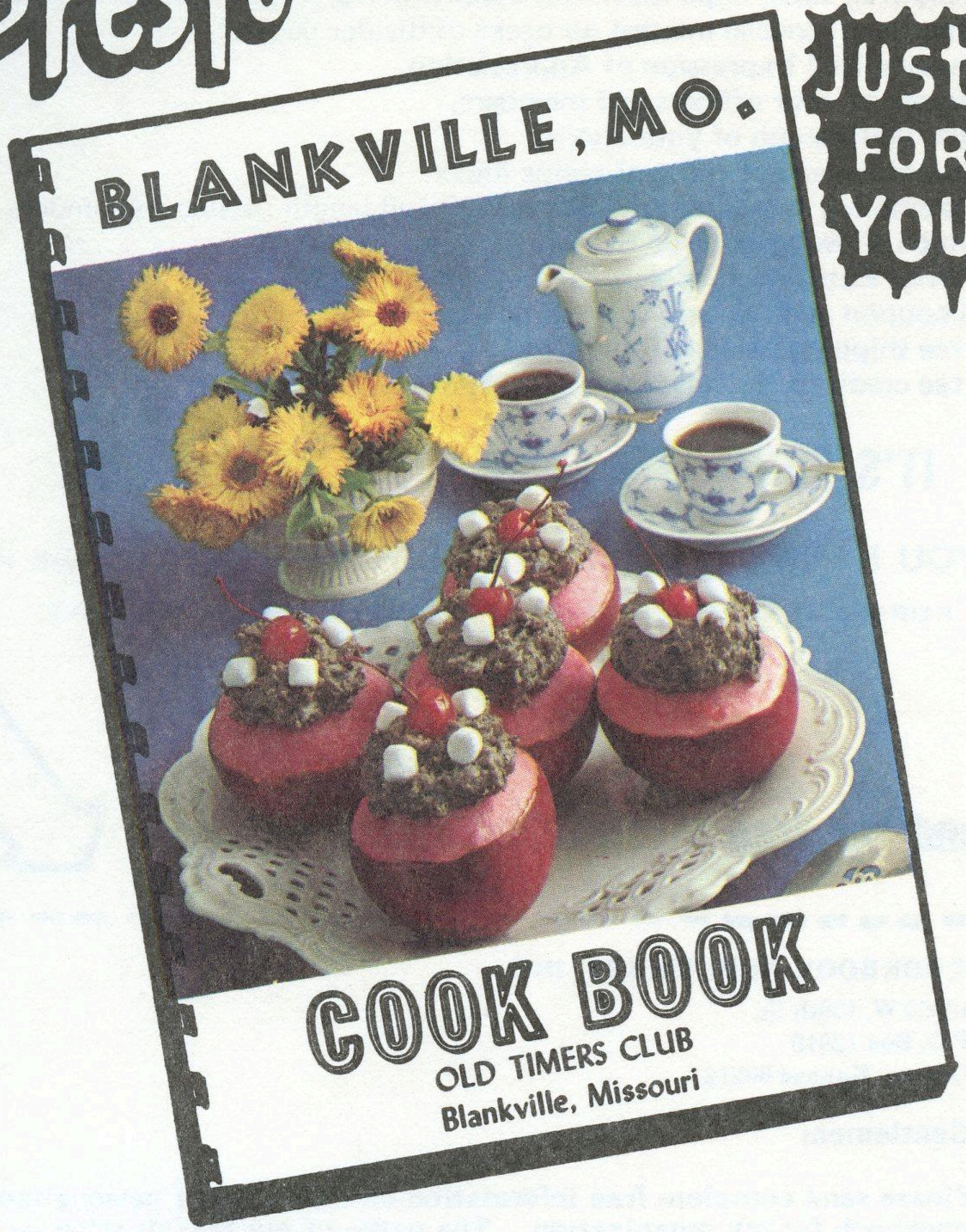

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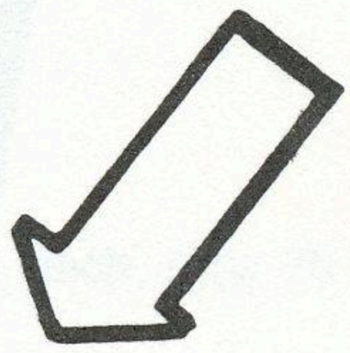

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